* The night of Purim, prepare food to eat for that night and for Purim morning. This way you may choose that food instead of simply eating whatever is readily available.
* Dry wine is the least fattening of the alcoholic beverages.
* Better to constantly eat fruits, vegetables, and lean proteins throughout Purim, and be full, than to eat foods that have white flour, sugar, or oil
* Go back to the diet immediately after Purim. This requires advanced planning and preparation, both on a practical level and in mindset. Get rid of all your leftover junk from mishloach manos and don’t hang around at home. Shushan Purim is a particularly challenging day, so be prepared.

 Good Luck and ah freilichin Purim