

# Succos Guidelines

1. The first and last 2 days of *Yomtov* are treated exactly like a regular *Shabbos*. (Night meals and day meals should have calories specified). If you need to exchange out foods, substitute foods of equal calories. (Refer to the list of “Calories of Foods without Nutrition Labels”).
2. *Chol Hamoed* is to be treated the same as a regular weekday.
3. *Motzei Shabbos Chol Hamoed* you may have what is written down on your menu plan by *melava malka*.
4. Our goal is to maintain weight over *Yomtov* by following these guidelines. (And lose weight the days before and after, by sticking to the regular diet). The scale may show weight gain the morning after *Yomtov*, but those pounds will automatically come off 2 days later as it is water and food weight.

## ☒ Tips and tricks checklist

- Meals should be served on individual plates, not serving bowls.
- Plan all your meals and snacks with a family member a week before *Yom Tov* and again on *Chol Hamoed* according to the above guidelines.
- Overstock on a variety of fruits, vegetables, lean proteins, low fat dairy products, and anything else that is allowed on your diet. (If you must overeat, overeat on that).
- Stock your fridge, freezer, and cabinets with premade dietetic meals and snacks
- Schedule long walks during *Yom Tov*. You will feel good and be away from food.
- Take afternoon naps. Sleep suppresses the appetite, and you will be away from food.
- Buy reading material, games, and anything else that will keep you busy for minimally 2 hours per day on *Yom Tov*.
- Make sure you have a coffee and tea option throughout *Yom Tov*. Unsweetened almond milk is a great non-dairy option. Don't forget about iced and decaf.