

Yom Kippur Guidelines

1. On erev Yom Kippur you may have 2 meals and 3 snacks. The first meal should be one of your suppers plus 1 ww matzah.* The second meal should be 1 ½ of your suppers** plus 2 ww matzahs.
2. The night after the fast is over you may have 1 meal and 1 snack. The meal should be 1 ½ of your suppers plus 1 ww matzah.

Tips

- Don't be afraid of being hungry on the fast day. One of the advantages of a proper diet is that it makes fasting much easier. You do not need to overeat prior to your fast, even if you haven't fasted well in the past.
- You do need to make sure to be hydrated. Drink plenty of water. You'll fast easier if you drink a lot the entire day before the fast than if you wait until the last minute to start drinking.

Good luck and have an easy fast,

*or 2 ww breads or 1/2 slice challah

**simply double up on your main OR your sides. Or add an additional 50 percent of your calories.