

Pesach Rules and Guidelines

1. *The week before Pesach, if you are switching over your house, you must be extra prepared and stocked with meal and snack options that are consistent with the diet.*
2. The first and last 2 days of Yom Tov are treated exactly like a regular Shabbos. If you are eating other foods, swap out calorie for calorie. Refer to the list of "Calories of Foods without Nutrition Labels" for guidance.
3. On the first 2 days of Yom Tov, in addition to a regular Shabbos meal, you may have the minimum *shiur* of whole wheat *matzah*, (if you're stuck you may have white flour *matzah*) minimum *shiur* of dry wine, low alcohol/sugar sweet wine or lite grape juice. Also, eat only the minimum amount possible of *karpas*, *charoses*, or any other custom you have.
4. 1 slice of *challah* equals 2 machine matzahs and equals 1 ½ hand matzahs
5. On Shabbos that falls out on Yom Tov you may have your regular Shalosh Seudos.
6. Chol Hamoed is to be treated the same as a regular weekday.
7. On Chol Hamoed you may substitute your whole-wheat bread as follows: 2 slices of whole wheat bread equals ¾ hand *matzah*, 1 machine matzah, 1 medium potato, 1 medium sweet potato, or 1 ½ fruits.
8. Erev Pesach, and Erev Second Days is like a regular Friday. (You may have whatever meals and snacks you ordinarily have).
9. On *Motzei* First Days and *Motzei* Pesach you may have what is written down on your menu plan for Melava Malka. Make sure you will have these foods available.

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. *Chol Hamoed* is a great opportunity to exercise
- ☐ 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.