

# Acc(u)Life

## YOM KIPPUR / FASTING

Following are the guidelines for the Yom Kippur / fasting meals:

### Pre-Fasting Day:

- All day, unlimited zero-calorie fluids.
- At 12 noon, have a Granny Smith apple or ½ grapefruit.
- Drink a lot of water throughout the day.

### Pre-Fasting Dinner:

- Up to 1 ½ lbs vegetables
- 5-7 oz. of chicken, turkey, fish, eggs, or legumes
  - Note, heavier proteins such as beef might give you an upset stomach so are to be avoided prior to fasting
- If you normally have soup as part of your meal before fasting, have it after you have eaten the main meal rather than before.

### Break Fast:

- You may break fast with whatever foods you normally use to break fast.
- Limit ½ bagel
- Eat slowly
- Drink water
  
- You will find your sense of satisfaction comes quickly. Listen to your body and stop eating when you feel satisfied. Paying attention will stop you from overeating. Your old habits are still there, but you overcome them by taking control and choosing to stop.
  
- Resume your 4-day food plan with two Milk Days.

**Our goal during the holiday is to maintain your weight.  
We are not concerned with weight loss during this time.**

**Have an easy fast.**