



The Nutrition by Tanya Guide to Sukkos 101

(For the full version with more details, visit our blog <https://nutritionbytanya.com/blog/>)

This holiday, focus on everything around you instead of the food.
Let's make this Sukkos that much better by sticking to our healthy plans.

Have a beautiful and healthy holiday!

Tanya

The Basic 101:

- Eat/drink **ONLY** the minimum required amount of challah and grape juice.
- Portion your plate. **ONE** protein (or a combo of two), a small serving of starch (if no challah), and lots of vegetables.
- To avoid overeating during the meals, fill up on a healthy snack, or a light meal ahead of time.
- Try to avoid sitting at the table by a meal for hours.
- Change the flavor in your mouth to let you know you are done with the meal.
- For Chol Hamoed trips, be prepared! Eat breakfast and take a bag with everything you need in it!
- Stick to matzah versus challah whenever possible because challah sticks to you.
- Don't starve before the seuda if you aren't eating lunch until 3:00 pm. Have breakfast and/or a snack.
- Cheats: Have them: Seated, plated, portioned, and not on an empty stomach.
- The meals are late, so have some of your protein and soup before the lunch and dinner seudas.
- Load up on vegetables.
- The weight goal is to stay the same.
- Protein is not free. Avoid fried foods and anything too saucy.
- Take breaks so your willpower doesn't waver.
- Take walks and drink your water.