



Nutritional Advice to Fast Better on Tisha B'Av

Presidentbbshul Yaakov Grunstein <presidentbbshul@gmail.com> Fri, Jul 24, 2020 at 12:17 AM
Reply-To: presidentbbshul@gmail.com
To: OhaivYisroelNewsletter <ohaivyisroelnewsletter@googlegroups.com>

With the pandemic still here, and the wearing of masks during a fast for whatever reason, I thought this to be most imperative this year.

Nutritional Advice to Fast Better on Tisha B'Av - taken from others - perhaps discuss with your doctor

If you drink a lot of coffee and intend to fast for 25 hours, you are advised to cut down gradually on your consumption of the caffeine-laden drink.

A sudden halt to coffee drinking - or to heavy consumption of cola, tea and chocolate - can cause headaches that will interfere with the fast, experts say.

In the days leading up to the fast, instead of drinking coffee, drink a lot of cold water - around 10 glasses daily. The expected hot weather during Tisha B'Av will mean people at risk will have to be especially careful when they fast.

According to dietitians at Laniado Medical Center in Netanya, on the days leading up to the fast, one should eat whole grains, rice, bread, sweet potato, pasta, beans, potatoes and other carbohydrates to fill up on these nutrients as your stored glycogen in the liver and muscles and your triglycerides run low.

On Erev Tisha B'Av, eat food with complex carbohydrates that release sugar slowly. These include whole grains, avocado, olive oil, techina and nuts, and proteins such as fish. Spicy and salty foods should be avoided, as should sweet, carbonated drinks and alcohol. It is advisable to eat smaller meals and to eat multiple times, rather than eating fewer, but, larger meals.

Don't overeat very close to the beginning of the fast, as this will cause your stomach to be distended and painful - and may even cause vomiting. The final meal should be consumed no less than 40 minutes before the beginning of the fast.

People with chronic diseases and pregnant women should consult their doctor/Rov about fasting, drinking only water, and taking medications.

Insulin-dependent diabetics must continue taking insulin; ask your doctor if you can fast.

Break the fast with tea or juice and cookies, crackers or a piece of cake. Drink a lot of water, but gradually, to restore moisture in the body.

An hour later, one can sit down to a more substantial dinner.

May we all merit to see the rebuilding of the Beis HaMikdash.

Yaakov Grunstein, President

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