

Prepping For A Fast

Samantha Hass
Nutrition

& THE FERTILITY RN 

Yom Kippur is a few days away yet. We often do not start preparing until the day of. Samantha has shared with us how to prepare for a fast day without derailing your dietary habits to achieve optimal nutrition for Yom Kippur and all other fast days.



Samantha Hass
Nutrition



[Kimberly
The Fertility RN](#)

Who is Samantha?

- Samantha is a Registered Dietitian who provides individualized nutrition counseling for weight loss as well as medical nutrition therapy for a variety of chronic health conditions.
- She specializes in weight loss, fertility, prenatal, postpartum and pediatric nutrition.
- Samantha received her Masters in Nutrition and Dietetics at New York University.

Words of Wisdom from Samantha:

- Hydration
 - The goal is to drink 2-3 liters of water per day.
 - Start drinking throughout the day rather than waiting close to the beginning of the fast.
- Electrolytes:
 - Sodium, Potassium, Magnesium are important for helping our body absorb water and prevent dehydration.
 - Samantha's Recommendation:
 - Keto-Lyte to add to water
 - Coconut Water (contains 15g of carbs)
- Can I Drink Coffee?
 - Yes! But let's try to cut back on caffeine a few days before.
 - Caffeine dehydrates us, aim to drink more water.
- Lean Proteins:
 - Fish, Eggs, Tofu, Chicken & Low Fat Dairy Products
- Complex Carbohydrates:
 - Carbs are energy; eat whole grains, legumes, fruits and vegetables.
- Healthy Fats;
 - Avocados, nuts, seeds
 - Fats are not bad for us! These fats are excellent for our fertility as well!

Mentally Preparing for the fast:

- Get a good night sleep before the fast
- Pace yourself with nutrient dense foods and fluids.
- Fresh air and a short walk to help fuel you!

Fasting While Going Through IVF, Pregnant or Postpartum:

- Important to discuss fasting with your Doctor and your local Rabbi

Wishing You and Your Family An Easy Meaningful Fast!

Contact

The Fertility RN
info@thefertilityrn.net

Samantha Hass Nutrition
samantha@hasnutrition.com

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