

# YOM KIPPUR: IF YOU MUST EAT

## Yom Kippur: No Kiddush If You Must Eat

If you must eat on Yom Kippur (for health reasons), **do not** make kiddush and do not use two loaves of bread, even if Yom Kippur coincides with Shabbat.

## Yom Kippur: Birkat HaMazon If You Must Eat Bread

If you must eat a meal including at least 1.3 fl. oz. (39 ml, or 1/6 cup) of bread on Yom Kippur, say birkat ha'mazon afterward. Add ya'aleh v'yavo (and if Yom Kippur coincides with Shabbat, also add retzei).