

Intermittent Fasting

An evidence-based method for weight loss

What is it: There are 4 methods of Intermittent Fasting

Time Restricted Eating (TRE): Restricting your eating period to a 6-10 hour window during a 24-hour period. This means you will be fasting for a 14-18 hour period.

Alternate day fasting: Alternating 1 day of normal eating with 1 day of fasting

Modified alternate day fasting: Alternating 1 day of eating 500 calories or 25% of your calorie needs with normal eating or 125% of your calorie needs

5:2 approach: Alternating 2 days per week of eating only 500-700 calories per day with 5 days per week of normal eating.

Why do it: It is difficult to count calories every day, and following a traditional low-calorie diet often results in poor adherence. Time-restricted feeding (TRE) is a form of intermittent fasting and is a unique approach that provides comparable results as calorie restriction.

Some of the potential benefits include:

- Decreased inflammation

- Longer lifespan
- Reduction in fat mass
- Improvement in cholesterol levels

How does it work:

- By creating a calorie deficit. However, this method may be easier for you to follow compared to calorie counting.
- When doing TRE, there are better results with skipping dinner compared to skipping breakfast

This is NOT prolonged fasting, which is multiple, consecutive days of fasting, which we do not recommend without very close medical supervision

Who should consult their doctor before trying:

- Adults over 70 because protein goals are higher
- Adults on diabetes medications (besides Metformin) because of hypoglycemia risk



Call Nutrition Services to schedule a dietitian visit or to learn about more weight loss options **303-614-1070**