

Modified Alternate Day Fasting

An evidence-based method for weight loss

What is it: Alternating 1 day of eating 25% of your body's calorie needs (called the "fast day") with 1 day of eating 125% of your body's calorie needs (called the "feed day").

On average, most people will require ~500 calories on the "fast day," but to figure out your exact needs on this day, you can do the following.

1. Visit:
<https://www.calculator.net/bmr-calculator.html>
2. Enter your age, height and weight
3. Take the BMR number that is calculated for you and multiply it by 1.2
4. Take that number and divide it by 4
5. That will be the number of calories you target on your "fast day"

Example: You plug in your age, height and weight and the calculator says that your BMR is 1500 calories. Multiply by 1.2, which is 1800. Divide by 4, which is

450. 450 calories would be how much this person would eat on a "fast day." If you multiple the 1800 by 1.25 you will get the calorie goal for the "feed day," 2250 calories.

Why do it: It is difficult to count calories every day, and following a traditional low-calorie diet often results in poor adherence. ADF is a different approach that provides comparable results as calorie restriction. In addition, ADF can result in retention of more lean body mass than traditional calorie restriction, which may be helpful at keeping your metabolism up during weight loss.

How does it work: Research shows that people overcompensate by eating an extra 10% of their calorie needs on "feed days." Since they are restricting to 25% of their calorie needs on "fast days," this results in an overall calorie deficit that causes weight loss.



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

Modified Alternate Day Fasting

Sample menu for a “feeding day”



Modified Alternate Day Fasting

Sample menu for a “fast day”

500 calories (or 25% of your
body’s calorie needs)

=

1 meal OR 3 meal
replacements

