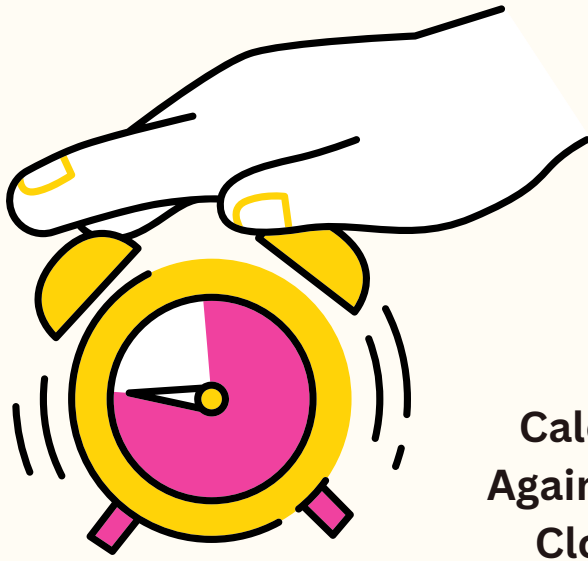
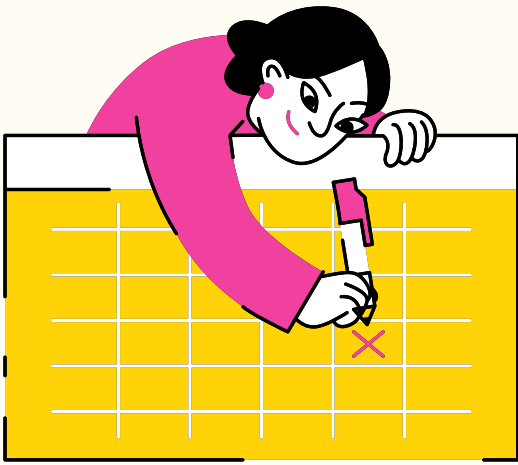


INTERMITTENT FASTING



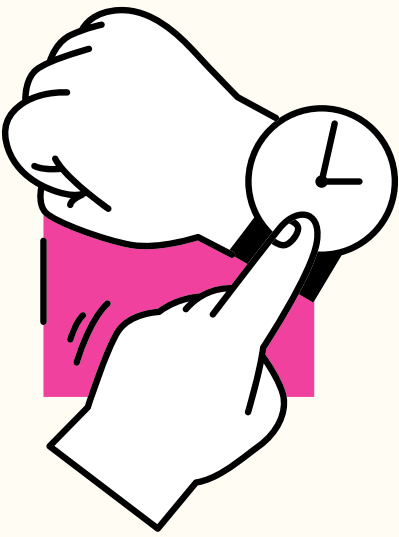
Calories
Against the
Clock?

Nutritional Components



- For this popular diet, people “fast” for a certain period to restrict calorie intake.
- For instance, you may choose to try 16/8 fasting: eating for eight hours and fasting for 16.

Health Claims



- Weight Loss: helps weight loss by reducing calorie intake and increasing metabolic rate.
- Insulin Sensitivity: It may improve insulin sensitivity and lower blood sugar levels, reducing the risk of type 2 diabetes.
- Cellular Repair: Intermittent fasting triggers autophagy, a process where cells remove damaged components

Truths



- If you’re considering intermittent fasting, make sure to discuss with a doctor.
- Skipping meals and severely limiting calories can be dangerous for people with certain conditions, such as diabetes.
- People who take medications for blood pressure or heart disease also may be more prone to electrolyte abnormalities from fasting.

DGA Recs!



- Ensure that meals consumed during eating periods are nutritionally balanced, including adequate protein, healthy fats, whole grains, and especially carbohydrates to meet daily nutritional needs.
- Maintain proper hydration throughout the fasting period, and plan meal times to align with physical activity and sleep patterns.

**Intermittent Fasting can help with a calorie deficit
BUT make sure to get the right nutrition first!**