Intermittent Fasting

You may have heard the term passed around friends and family. But what is intermittent fasting—and should you be doing it?

Intermittent fasting is a way of eating that cycles between times of eating and times of fasting from food and drink. It does not tell you **what** you should you but rather **when** you are eating. Fasting has been around for centuries as a part of religious ceremonies like Ramadan. In popular culture, it has come about as a way to lose weight.

There are many ways that people decide to do this fasting. Some people will do alternate day fasting where, every other day they do not eat or drink for 24 hours. Others will only eat one-quarter of the amount of food they normally eat twice a week. Another way is by only eating within a certain time-frame (say for 8 hours) then fasting the rest of the 16 hours of the day. This time-restricted fast tends to be the easiest to follow.

Intermittent fasting has been shown to be a powerful weight loss tool. Since it restricts the amount of time you can spend eating, it can decrease the amount you are consuming. It is important to still be intaking nutritious, well-balanced meals to stay healthy. There is some evidence that not only does it help with weight loss, but intermittent fasting may also decrease inflammation and improve heart health. There is still a lot of research to be done though.

If you are interested in changing your eating pattern to include fasting be sure to talk to your provider and Registered Dietitian about how intermittent fasting might work for you!

For more information, or to schedule an appointment with a dietitian please call 612-467-2004.