



معهد دسمان للسكري
Dasman Diabetes Institute



أحد مراكز
Center



INTERMITTENT FASTING

The Nutrition Unit

WHAT IS INTERMITTENT FASTING (IF)?

Intermittent fasting is
an eating pattern where there is

0 INTAKE OF ANY CALORIES

from food or drink for a
specific period of time



Usually, the **FASTING WINDOW**
can be from **14-18 HOURS**



Meaning, the **EATING WINDOW**
would be between **6-10 HOURS**
allowing **2-3 MEALS**

EVIDENCE-BASED HEALTH BENEFITS OF INTERMITTENT FASTING:

01

Weight loss
and fat loss

Lower
inflammation

02

03

Blood sugar &
blood pressure
balance

Increased
insulin
sensitivity

04

05

Decreased risk
of developing
Type 2 Diabetes

Improving
brain
function

06

07

Improving
cholesterol &
triglyceride levels



WHAT SHOULD WE EAT DURING OUR FIRST MEAL OF THE DAY?

CHOOSE NUTRIENT-RICH FOODS LIKE



FRUITS



VEGETABLES



LEGUMES



WHOLEGRAINS



LOW-FAT MEATS

TRY TO LIMIT



FAST FOODS



PROCESSED FOODS



SWEETS



PROCESSED GRAINS
(like white flour & white rice)

CHOOSE BEVERAGES THAT ARE LOW IN SUGAR SUCH AS



TEA / COFFEE



WATER



LEMON / GINGER SLICES



SWEETENERS (such as Stevia)



HOW TO START WITH INTERMITTENT FASTING?



If you are interested in starting intermittent fasting, make sure to check with your healthcare provider and your dietitian in order to help you achieve the best meal plan catered to your needs and medications.



DRINK ENOUGH WATER

throughout the day to avoid dehydration



You can **ADD VINEGAR, OLIVE OIL SALT, HERBS & SPICES**

to add flavor to the food

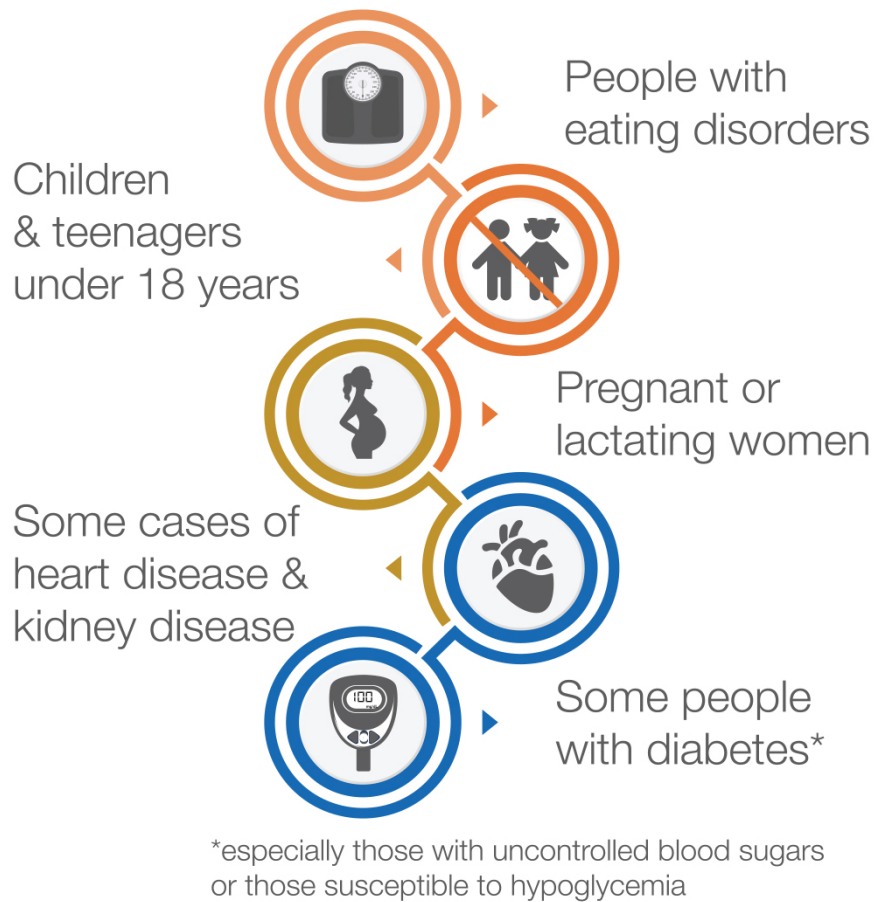


Try to **LIMIT THE QUANTITIES OF KETCHUP, BARBECUE & MAYONNAISE** sauces as they contain added sugars & fats



Try to **AVOID SNACKING** & stick to your main meals only

CONDITIONS TO AVOID INTERMITTENT FASTING:



NOTES:

- ▶ This type of meal pattern can provide social challenges for some people due to the limited food timings.
- ▶ To get the best health benefits of any eating pattern it's important to get 7-8 hours of sleep.

SWITCHBOARD: + (965) 2224 2999
HOTLINE: + (965) 1877 877
OR VISIT US AT: www.dasmaninstitute.org