

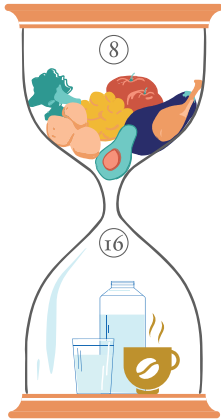


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# INTERMITTENT FASTING

The Nutrition Unit

## 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



## 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

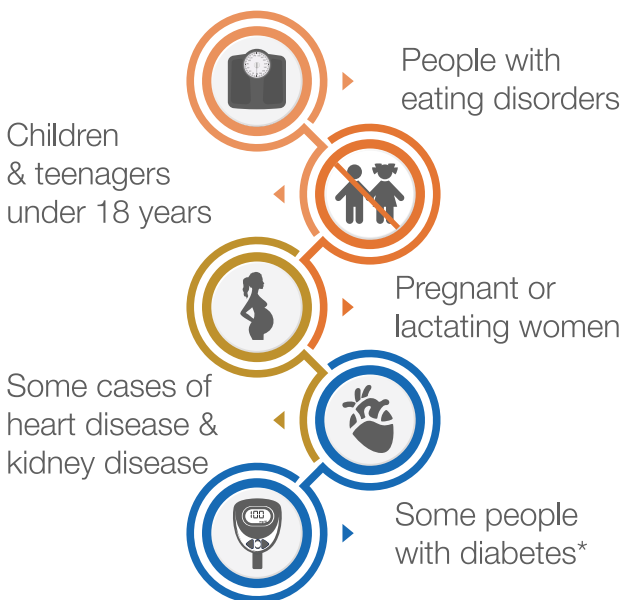
### TRY TO LIMIT

-  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)

## CONDITIONS TO AVOID INTERMITTENT FASTING:



\*especially those with uncontrolled blood sugars or those susceptible to hypoglycemia

## 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.

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