



Intermittent Fasting Dietitian's Guide

dietcloud

Learn To Eat

With me



*Dt. Indumathi
Registered Dietitian*

What is intermittent fasting?

- Intermittent fasting restricts when or how much you eat, involves eating only during a certain time window, usually eight hours, over a single day.
- It is a pattern of eating based on time limits. For a set time of hours or days, you eat a typical day.
- For example, you would eat only during the hours of 9 a.m. to 5 p.m. and then fast during the other 16 hours.

16 : 8 hours Eating window timings options :

8.am to 4.pm

9.am to 5.pm

10.am to 6.pm

14 : 10 hours Eating window:

8.30 am to 6.30 pm

9.am to 7.pm

10.am to 8.pm



- The other approaches, alternate-day and whole-day fasting, actually don't involve strict fasting.
- Instead, you choose two or more days during the week when you cut way back on the food you eat, limiting yourself to just 400 to 600 calories per day.
- On the other days of the week, you follow your normal eating pattern.
- In one popular version, the 5:2 diet, you eat normally for five days, then restrict your calories on two non-consecutive days.
- With alternate-day fasting, you eat a calorie-restricted diet every other day.
- Intermittent fasting is likely a healthier option, especially if you eat a balanced diet that includes whole grains, nuts, legumes, fruits, and vegetables, which are rich in nutrients

What Are the Different Types of Intermittent Fasting?

- Intermittent fasting can be followed in different ways, depending on how long the fasting and eating periods last.
- Some methods involve fasting for several hours each day, while others require reduced calorie intake on certain days of the week.
- Choosing the right method depends on lifestyle, health goals, and how easily the body adapts to fasting.

16:8 Method

This is one of the most common and beginner-friendly approaches. It involves fasting for 16 hours and eating within an 8-hour window. Many prefer to skip breakfast and eat between 12 PM and 8 PM, though the eating window can be adjusted.

5:2 Method

This method includes normal eating for five days a week, while on two non-consecutive days, calorie intake is reduced to about 500-600 calories. These low-calorie days usually include small, nutrient-dense meals to maintain energy levels.

Eat-Stop-Eat

This approach involves fasting for a full 24 hours once or twice a week. For example, a person may stop eating after dinner and fast until the same time the next day. This method can be challenging at first, but hydration and light physical activity can help manage hunger.

Alternate-Day Fasting

With this method, fasting takes place every other day. Some versions allow small meals (up to 500 calories) on fasting days, while others require complete fasting. It can be effective for weight loss but may not be suitable for everyone due to its strict nature.

The Warrior Diet

Inspired by ancient eating patterns, this method involves small amounts of raw fruits and vegetables during the day and one large meal at night. The focus is on whole, unprocessed foods, making it a more structured approach compared to other fasting styles.

Each method has its benefits and challenges, so gradual adjustments may help in finding the most suitable approach.

Before you try intermittent fasting

If you want to give intermittent fasting a try, make sure to discuss it with your Dietitian or Doctor. Consulting a healthcare professional before starting is recommended in the following cases:

- **History of Eating Disorders**
- **Diabetes, Cardiac issues.**
- **Pregnant and Breastfeeding Women**
- **People with Diabetes or Blood Sugar Issues**
- **Individuals with Low Blood Pressure**
- **Athletes or Those with High Energy Demands**
- **People on Certain Medications**

Common Challenges

- **Hunger and Cravings**
- **Fatigue and Low Energy**
- **Irritability and Mood Swings**
- **Difficulty Concentrating**
- **Social and Lifestyle Challenges**

***when it comes to losing weight, slow and steady is more successful and sustainable over the long term.**

****Ask your Dietitian to know more...***

Sample

Intermittent fasting 16:8

6 am – 9 am*9 am – 5 pm**5 pm – 10 pm*

- Eat solid foods only in the eating window timings
- Take free foods / zero caloric foods in the fasting window, if needed.
- Take food, only if you are in hunger.
- Don't mistake thirst for hunger



Drinks that won't break your fast!



Carbonated or flat water

The more, the better! Water is excellent while fasting to curb hunger and keep you hydrated.



Apple cider vinegar and lemon juice

Can help fight hunger and maintain blood sugar levels. Mix with water in a 1:10 ratio.



Black and green tea

These drinks are rich in polyphenols, a category of compounds that can support our health.



Black coffee

Can reduce feelings of hunger. 3 or less is best!



Herbal tea

It can be soothing and delicious during your fast.



Stevia

A sweetener you can fall back on during your fast.

- Black coffee
- Black Tea
- Green tea
- Lime juice
- Herbal tea
- ACV with water
- Water



dietcloud

*My Wishes for a
Healthy Lifestyle....*



Dt. Indumathi
Registered Dietitian