

What is Intermittent Fasting (IF)?

- An eating pattern that alternates between periods of eating and fasting
- Restricted eating times are called fasting days or fasting time
- Followed by a period of healthy meals and snacks called eating days or eating hours
- Fasting does not mean starvation
- Eating periods do not mean consuming whatever you want and as much as you want
- Reducing intake during fasting times should promote weight loss if you consume a healthy diet and do not overeat during eating times

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Intermittent Fasting Types

- Alternate Day Fasting
 - Every other day fasting/eating
- Modified Fasting
 - Eat 5 days/Fast 2 days
- Time-Restricted-Eating
 - Eat within a specific eating window each day

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Alternate Day Fasting

- Every other day is a fast day
 - You can have up to 500 calories on fast days
 - Make sure these are quality calories
- Eat healthful foods on eating days
 - Ensure you meet your protein needs!
 - Shoot for at least 3 servings of non-starchy veggies and up to 2 servings of fruit
 - Always stay hydrated

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3

4

Modified Fasting

- 5 days/week you eat typical healthy foods
- 2 days/week are fast days (0-500 calories)
- · Fast days can be consecutive or not
 - Example:
 - Eat Monday and Tuesday
 - Fast Wednesday
 - · Eat Thursday, Friday, and Saturday
 - Fast Sunday

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Time-Restricted-Eating

- Time-Restricted-Eating

 Eating during a specific window of time resulting in extended fasting every day
 Consume food only during an 8-, 10-, or 12-hour period and fast the remainder of the day
- You can start with a shorter fasting period such as 12 hours and work your way up to 16 hours
- Consuming calories will break your fast- even cream in your coffee
- Example:
 - Fast 16 hours from 6pm to 10am and the eat in healthful foods in an 8-hour window from 10am to 6pm
 - Try to have your eating window end 3 hours or more before you go to bed

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5

6



Benefits of Fasting

- Helps with weight loss
- Improves blood glucose and insulin levels
- Can improve diabetes, high blood pressure, heart health and sleep apnea
- Improves body composition
- Allows GI system time to rest and recover

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Risks of Fasting

- You should not fast if you are
 - Underweight
 - Have an eating disorder
 - Are pregnant or breast-feeding
 - Are under 18 years old
 - Take insulin for diabetes
- If you take prescription medications or have diabetes, ask you primary care provider if fasting is right for you.

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Side Effects

- Drink more water or calorie-free beverages
- Add a pinch of salt to your water up to 3Xday
- Take deep breathes/meditation
- Headaches
 - Drink more water/stay well hydrated
 - Put a cold washcloth on your forehead Take deep breathes/meditation

 - Take an over-the-counter pain reliever if nothing else works or talk with your primary care provider
- Constipation
- Drink more water/stay hydrated
- Get more physical activity- consider going for a nice walk Take a fiber supplement: Benefiber or Citrucel
- Take a laxative, such as Miralax, if you do not get relief

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Side Effects

- Dizziness
- Drink more water/stay hydrated
- Check your blood pressure
- Normal blood pressure
 - Top number less than 120/bottom number less than 80
 High blood pressure
- 130/80 or higher
- Low blood pressure
- Lower than 90/60
- Heartburn
- Avoid sparkling beverages Avoid caffeinated beverages Take an over-the-counter antacid such as Tums or Pepcid if needed
- Muscle Cramps
 Drink a calorie-free electrolyte beverage
- Talk to your PCP or RD to see if you may benefit from a magnesium, calcium, or potassium supplement

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9



Beverages Allowed when Fasting

- Water
 - To add flavor to your water try adding
 - Lemons or limes
 - Mint leavesCucumber slices
- Black coffee
- Tsp of cinnamon Unsweetened tea
- Tsp of cinnamon or ginger (calming to the stomach)
- Do not add sugar to beverages
- · Limit the use of sweeteners such as Splenda, Equal, Sweet & Low, Truvia

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10

What to Eat when Fasting

- Reminder: On a full fasting day, you can have up to 500 calories
- While you may be tempted to think of non-fasting days as "cheat" days, you do need to eat healthful foods
- Follow the food and activity strategies you have been working on in this program
- Choose unsweetened beverages pg. 22
- Choose foods that are:
- High in protein pg. 15 Low in sugar pg. 30
- Low in sodium pg. 31
 You goal is to have 3 cups or more non-starchy veggies and up to 2 servings of fruit pg. 19
- Choose healthful fats such as nuts, seeds, & avocados pg. 16
- Complex carbohydrates in moderation pg. 18
- Avoid take-out meals, especially those that are fried, have refined carbs, and large portions pg. 21

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11

12



Breaking your fast

- After your fasting period ends, you may want to have a healthful snack 30-60 minutes before eating a full meal
 - Handful of nuts
 - String Cheese
 - Vegetables
 - Fruit
- This will help you to be more mindful with your meal pg. 24
- Eat slowly and chew your food thoroughly
 Remember why you are doing this and what your goals and motivation are, better health!

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Resources

- Your Allina Health Weight Management Program Manual

 Health Problems linked to obesity pg. 4
 Causes of Obesity pg. 6
 Low-carbohydrate diet pg. 8
 When to eat pg. 10

 "The Complete Guide to Fasting. Heal Your Body Through Intermittent, Alternate-Day, and Extended Fasting," Jason Fung and Jimmy Moore. Copyright 2016.
 "The Obesity Code: Unlocking the Secrets of Weight Loss (Why Intermittent Fasting Is the Key to Controlling Your Weight)," Jason Fung
 Zero app (fasting tracker)
 Ate app (take photos of meals and log mealtimes, and log

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13