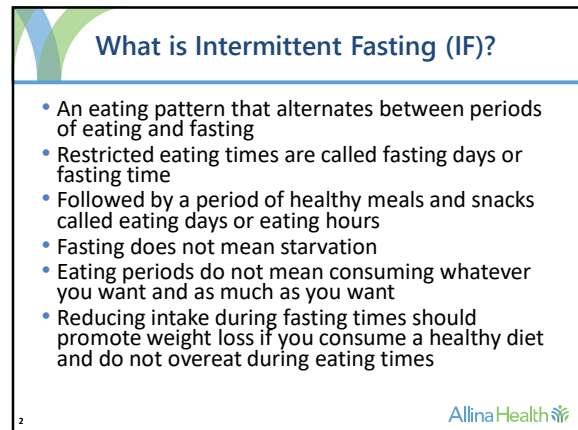
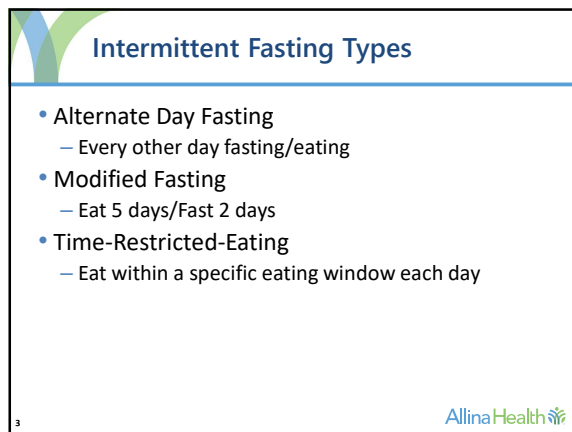




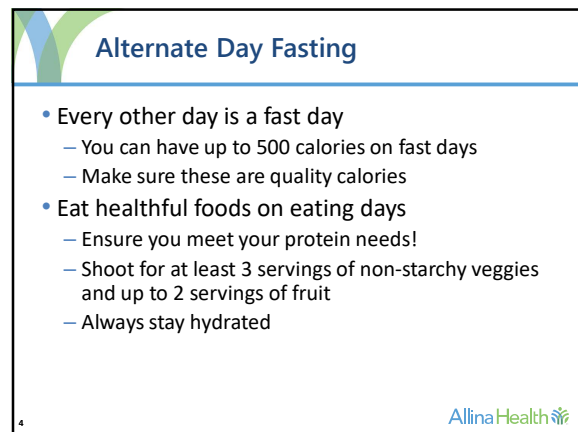
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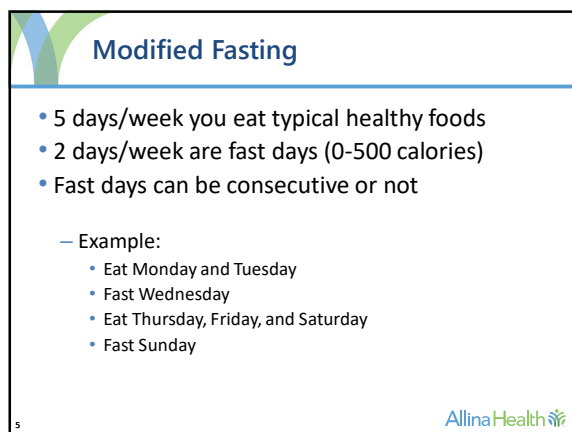
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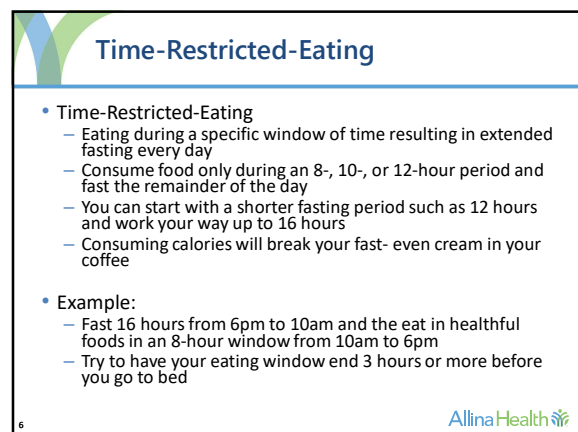
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## Benefits of Fasting

- 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 your primary care provider if fasting is right for you.

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## Side Effects

- Hunger
  - Drink more water or calorie-free beverages
  - Add a pinch of salt to your water up to 3X/day
  - 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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## Beverages Allowed when Fasting

- Water
  - To add flavor to your water try adding
    - \* Lemons or limes
    - \* Mint leaves
    - \* Cucumber 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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## 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
  - Your 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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## 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 fasting time)

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