

# Guidance:

## Evidence-based Food and Lifestyle Advice from our Lifestyle Medicine Team

### Intermittent Fasting

Intermittent fasting has been found to be a simple and effective method to support weight loss. This style of eating may also help reduce cholesterol levels, high blood pressure and for those who have prediabetes, improve blood glucose.

When intermittent fasting, you'll eat 'normally' with no calorie restrictions for 4-5 days a week and have very low-calorie days (500-600 calories/day) on the other 2-3 days.

We recommend that you start with two 'fast' / 'low calorie' days a week and then add another 'fast day' if you feel well and if this style of eating works for you.

### Top Tips

Aim to get into a pattern of 'fasting days'.

Fasting days should ideally be separated by at least one 'non-fast' day.

Following a fasting pattern such as fast days on a Monday and Thursday or Tuesday and Saturday.

If following a three-day fasting approach, we suggest making this the Monday, Wednesday and Friday.

Fast Days - 600 calorie intake a day.

Eat 2-3 meals across the course of the day.

Enjoy - Water / black or green tea or coffee and herbal / fruit teas with no added sugar.

Use a water bottle and flavour with unsweetened fruit.

## **Benefits**

Weight loss with lifestyle flexibility. No banned foods – although we recommend that you avoid junk food and the behaviours that led you to gain weight on your ‘non-fast’ days.

\*Not suitable for people taking medications for T2DM (Oral hypo-glycaemic)

## **Foods to enjoy**

All foods can be enjoyed across the week, within reason.

We recommend avoiding junk foods and sugar sweetened or diet carbonated drinks.

We suggest following a low glycaemic approach to eating on non-fast days (to additionally support weight loss).

No foods are banned on non-fast days.

## **Sample Fast Day Menu**

Here is a sample menu for a fast day:

1 x apple with skin

¼ tub hummus

1 small carrot – cut into strips

¼ cucumber cut into wedges

1 stick celery cut into strips

1 small chicken breast\*

1 cup of sliced vegetables\*

\*Make into a soup or a stir fry