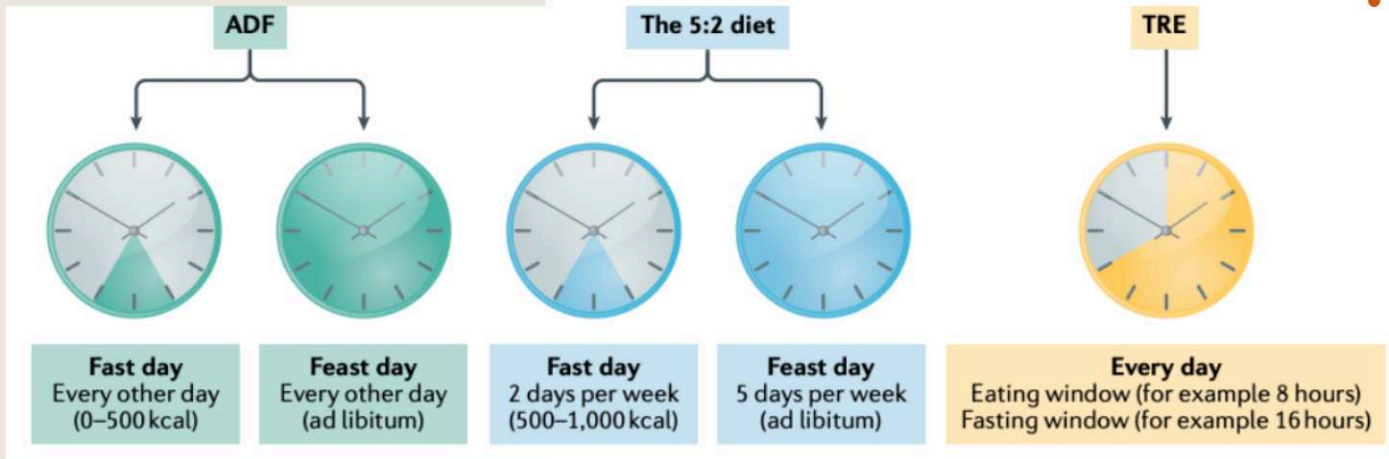


Intermittent Fasting

"Intermittent fasting (IF), also known as periodic energy restriction, encompasses eating patterns in which periods of fasting (or negligible energy intake without deprivation of essential nutrients) are followed by periods of ad libitum feeding" (Durgeon, 2021).



Focused on the timing of food consumption with alternating periods of fasting and unrestricted eating

Aimed at increasing calorie restriction compliance and is often compared to continuous calorie restriction

Contraindications



Individuals with or at risk of disordered eating



Individuals whose physician recommend against IF



Potential negative side effects (low blood pressure, dehydration, dizziness)



Prescribed medications that should be taken with food or beverages

Lack of evidence for an ideal regimen

No standard meal guidelines

Research often utilizes the Dietary Guidelines for Americans 2020 - 2025 to build meal plans for participants

Why Choose Intermittent Fasting?

May help those who experience bingeing or continued eating at nighttime

There are no foods or food groups that are excluded

Extended overnight fasting of 18 hours or ADF is more effective in reducing BMI when compared to shorter fasting times



WVAND Annual Conference 2024



Marshall University Dietetic Interns



Erin Robison, MUDI and Taylor Bonn, MUDI

RDNs using

Intermittent Fasting

in practice



Current Research



Intermittent fasting and continuous energy restriction diets produced comparable impacts on metabolic markers



Intermittent fasting helps to lower HbA1c, weight, and lower insulin dosage in those with type 2 diabetes



Over 12 weeks, obese men and women following the ADF or 5:2 diet lost 4-8% of body weight, whereas those following TRE lost 3-4% of body weight

Adherence varies and largely depends on the individual's ability to fast and their motivation

RDN's should be familiar with the popular forms of intermittent fasting

Safely guide motivated individuals by monitoring for deficiencies and managing side effects

Refer the individual to their physician to evaluate their health and medication compatibility with IF

Further Research is Required

Although the research completed on rodents can provide insight to the effects of intermittent fasting, more human studies need to be completed

There is a lack of long-term studies that are able to represent the effects of intermittent fasting

With further research on humans, RDNs will be able to confidently provide information about intermittent fasting to clients

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