

# Intermittent Fasting 101

*Kelly Schmidt, the Diabetic Dietitian*

## What is it?

Intermittent fasting (IF) or time-time-restricted eating is an eating schedule, not a type of diet. Our body is always in 1 of 2 states, **fasted and fed**.

In a **fasted state** (after not consuming any calories for 8-12 hours) insulin levels are low, which makes fat burning easy. During this period, the body gains fuel from stored fat.

In the **fed state**, insulin levels are higher, which interferes with fat burning and allows for energy storing, making fat loss harder. If you eat frequently, insulin level will be consistently high.

### IF Improves:

- Metabolism, the gut microbiome, immunity, heart health
- Promotes longevity and brain health
- Mindful eating
- Weight loss (specifically fat loss)
- Diabetes and fatty liver

### Types of Fasting:

- Eating with the sun or fasting for 12/13 hours - a great starting place
- 16:8, including Reverse Fasting (RF)
- 5:2
- 24-hour fasting

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## Before You Begin:

- Make sure you are in a **good candidate**: do your homework and get clearance from you, dietitian and doctor.
- Clean up your diet: **remove processed foods** from your meals as much as possible.
- Nurture **your sleep** and rest when your body signals it needs more rest.
- **Hydrate** and use sea salt with your meals to improve electrolyte balance and energy.
- Understand that **real physical hunger** comes and goes, it does not amplify.
- **Have fasting drinks handy**: water, black coffee, tea, mineral water, broth.
- Find ways to distract yourself for usual eating periods. **Keep busy**.
- Know the benefits of fasting, so you know your goals and emotional drive to stick to it. **Go slow, and be patient** in finding what works for you. Fasting should be flexible and work with your life and schedule, especially if you are making it part of your lifestyle.
- With fasting, you do not have to do it daily. You **MUST listen to your body** and what it needs.
- Remember to **break your fast with a high protein**, low-sugar meal and avoid processed foods. Eggs, lean meats and non-starchy vegetables are good options.

### 13 hour fasting schedule sample

- Complete last meal at 6pm the night before
- Meal #1 at 7am the next morning
- Eat last meal at or before 6pm.
- Hydrate and use electrolytes

### 16:8 hour fasting schedule sample

- Complete last meal at 6pm the night before
- Meal #1 at 10am the next morning
- Eat last meal at or before 6pm.
- Hydrate and use electrolytes