

# WHAT YOU SHOULD KNOW ABOUT INTERMITTENT FASTING

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## WHAT IS IT?



Intermittent fasting is a recently popular eating pattern of fasting periods followed by designated times to eat. There are many different kinds of fasting patterns such as alternate day fasting, eating for one day then not eating anything the next day, or time restricted feeding, such as not eating for 16 hours of the day and then eating all meals within the remaining 8 hours of the day

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## WHAT ARE THE BENEFITS?



Some animal studies have shown improvements in things like increasing lifespan, decreasing risk of cardiovascular disease, and helping to stabilize blood sugars. While these results sound promising, not enough research has been done to see if humans experience the same effects while fasting.

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## WHO SHOULDN'T FAST?



Intermittent fasting should not be attempted by people with some health conditions. These conditions include diabetes, eating disorders or disordered eating behaviors, women who are pregnant, breastfeeding, or hope to become pregnant, and children and adolescents who are growing.

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**Recommendations:** Because of lack of scientific evidence on humans, intermittent fasting is not currently recommended as a practice for losing weight or increasing general health. As with all changes to your health, please consult your doctor before implementing if you do decide you want to try it.

**Resources:** For questions about your specific nutrition needs please consult with a registered dietitian nutritionist or RDN. Visit [eatright.org/find-an-expert](https://eatright.org/find-an-expert) to find a qualified dietitian near you.