

WHAT IS INTERMITTENT FASTING?

- Intermittent fasting (IF) is an eating pattern.
- IF provides guidance on when to eat
- IF involves a short period of restricted eating, called a “fast day” or “fast time”, followed by a period of eating healthy reduced-calorie meals and snacks, called a “eating day or “eating hours””.
- Fasting does not mean starvation and a eating does not mean eating whatever you want and as much as you want.
- Reducing calories reduction during fasting times should promote weight loss as long as you consume a healthy diet and do not overeat during eating times.



INTERMITTENT FASTING PROTOCOLS



Protocol	Description
Alternate Day Fasting <i>(ADF)</i>	<ul style="list-style-type: none">• Every other day is a Fast Day (0-600 kcals)• Every other day is an Eating Day<ul style="list-style-type: none">– Typical caloric intake based on body weight
Modified Fasting <i>5:2 Program</i>	<ul style="list-style-type: none">• 5 days / week are typical caloric intake based on body weight• 2 days / week are fast days (0-600 kcals)<ul style="list-style-type: none">– The 2 fast days are ideally consecutive, but do not need to be
Time Restricted Feeding <i>16:8 Program</i>	<ul style="list-style-type: none">• Ad libitum eating during specific windows of time resulting in extended fasting on a regular basis• Consume food only during an 8 or 10 hour time period and fast the remaining 16 or 14 hours. For example:<ul style="list-style-type: none">– 8 eating hours: 10:00 am to 6:00 pm or 11:00 am to 7:00 pm– 10 eating hours: or 8:00 am to 6:00 pm or 9:00 am to 7:00 pm

Time Restricted Intermittent Fasting (8 to 10 Hours Eating/14 Hours Fasting) 1200 calories

600 calories from OPTIFAST HP® and 600 calories from healthy dinner

Meal or Snack	Eating Times	OPTIFAST HP® Shake and 600 Calorie Meal	Calories	Protein (g)
Breakfast	9:00 am to 10:00 am	1-8 fl oz serving OPTIFAST HP®	200	26
Lunch	12:00 pm to 1:00 pm	1-8 fl oz serving OPTIFAST HP®	200	26
Afternoon Snack	2:00 pm to 3:00 pm	1-8 fl oz serving OPTIFAST HP®	200	26
Dinner	Stop eating by 6:00pm to 7:00 pm	4 oz lean meat 1 cup cooked vegetables 1 serving fruit 1 serving bread/starch 2 servings fat 1 cup skim milk	220 50 60 80 90 90	28 4 0 3 0 8

Note: Drink at least 2 quarts (8 cups) of non-caloric liquid per day.
For further guidance with your diet, consult your OPTIFAST® Program provider.

Time Restricted Intermittent Fasting (8 to 10 Hours Eating/14 Hours Fasting) 1400 calories

400 calories from OPTIFAST HP[®], 400 calories at lunch, 600 calories at dinner

Meal or Snack	Eating Times	OPTIFAST HP [®] Shake and 600 Calorie Meal	Calories	Protein (g)
Breakfast	9:00 am to 10:00 am	1-8 fl oz serving OPTIFAST HP [®]	200	26
Lunch	12:00 pm to 1:00 pm	3 oz lean meat	165	21
		½ cup cooked vegetables	25	2
		1 serving fruit	60	0
		1 serving fat	45	0
		1 cup skim milk	90	8
Afternoon Snack	2:00 pm to 3:00 pm	1-8 fl oz serving OPTIFAST HP [®]	200	26
Dinner	Stop eating by 6:00pm to 7:00 pm	3 oz lean meat	165	64
		1 cup cooked vegetables	50	4
		1 serving bread/starch	80	3
		1 cup skim milk	90	8

Note: Drink at least 2 quarts (8 cups) of non-caloric liquid per day.
For further guidance with your diet, consult your OPTIFAST[®] Program provider.

MODIFIED ALTERNATE DAY INTERMITTENT FASTING PROTOCOL WITH OPTIFAST HP®

Active Weight Loss 0 to 3 months		Maintenance Phase 4 to 6 months	
<p>Fast Days (600 calories)</p> <ul style="list-style-type: none">• 3 OPTIFAST HP® at convenient times on each fasting day (every other day).	<p>Feast Days</p> <ul style="list-style-type: none">• Approximately 1200-1500 calories per day• Eat a healthy reduced-calorie diet of conventional food on each feasting day. <p>Reduced-calorie meal plans and recipes available in the FAQ guidance document (to be distributed after session)</p>	<p>Fast Days (600 calories)</p> <ul style="list-style-type: none">• 3 OPTIFAST HP® at convenient times on each fasting day (every other day).	<p>Feast Days</p> <ul style="list-style-type: none">• Approximately 1400-1700 calories per day)• Eat a healthy reduced-calorie diet of conventional food on each feasting day. <p>Reduced-calorie meal plans and recipes available in the FAQ guidance document (to be distributed after session)</p>



CONTRAINDICATIONS

IF is a promising non-surgical and non-pharmacological approach for weight loss and improved metabolic health for those who can tolerate long intervals of not eating or eating very little.

Intermittent fasting is NOT recommended for...

- 1 Individuals with T1DM or T2DM using insulin/insulin-like drugs unless closely followed by MD
- 2 Individuals with frequent episodes of hypoglycemia
- 3 <18 years of age
- 4 Current or history of eating disorders
- 5 BMI <20
- 6 Recovering from surgery
- 7 Pregnant or nursing
- 8 Elite athlete or in training for a marathon or other major athletic event