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April Statewide  
Wellness Virtual  
Lunch and Learn

Hosted by:  
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Wellness

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For future wellness lunch and learn events, or recordings of previous events, visit <https://oshr.nc.gov/wellness-webinars>.

Let's LUNCH AND LEARN!



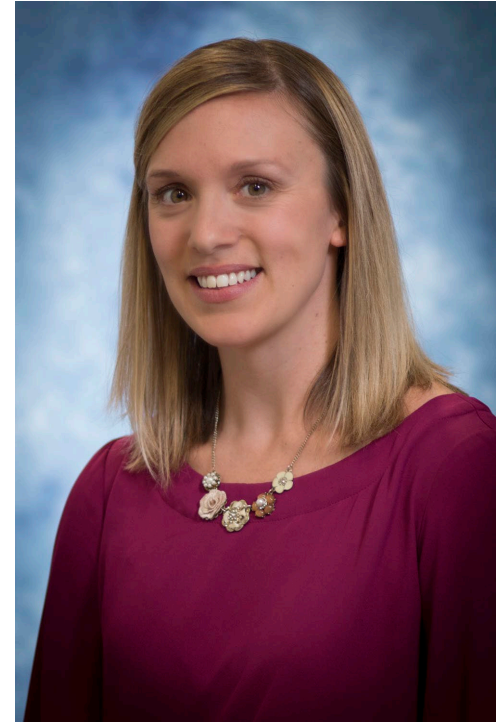


# Intermittent Fasting

By Katie Godin, RD, LDN

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- Lifestyle Medical Centers offers Nutrition Counseling to assist with educating you on how to make positive lifestyle changes alongside continual support and encouragement.
- **Services offered:**
- Weight Management
- Women's Health
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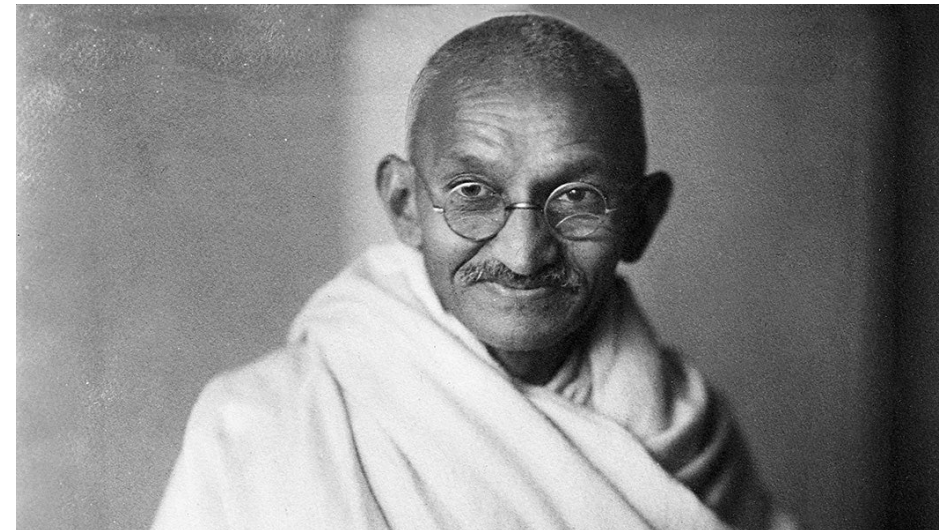
**LifeStyle**  
MEDICAL CENTER

Evidence-based Lifestyle Modification  
and Medical Nutrition Therapy

# Origin of Fasting

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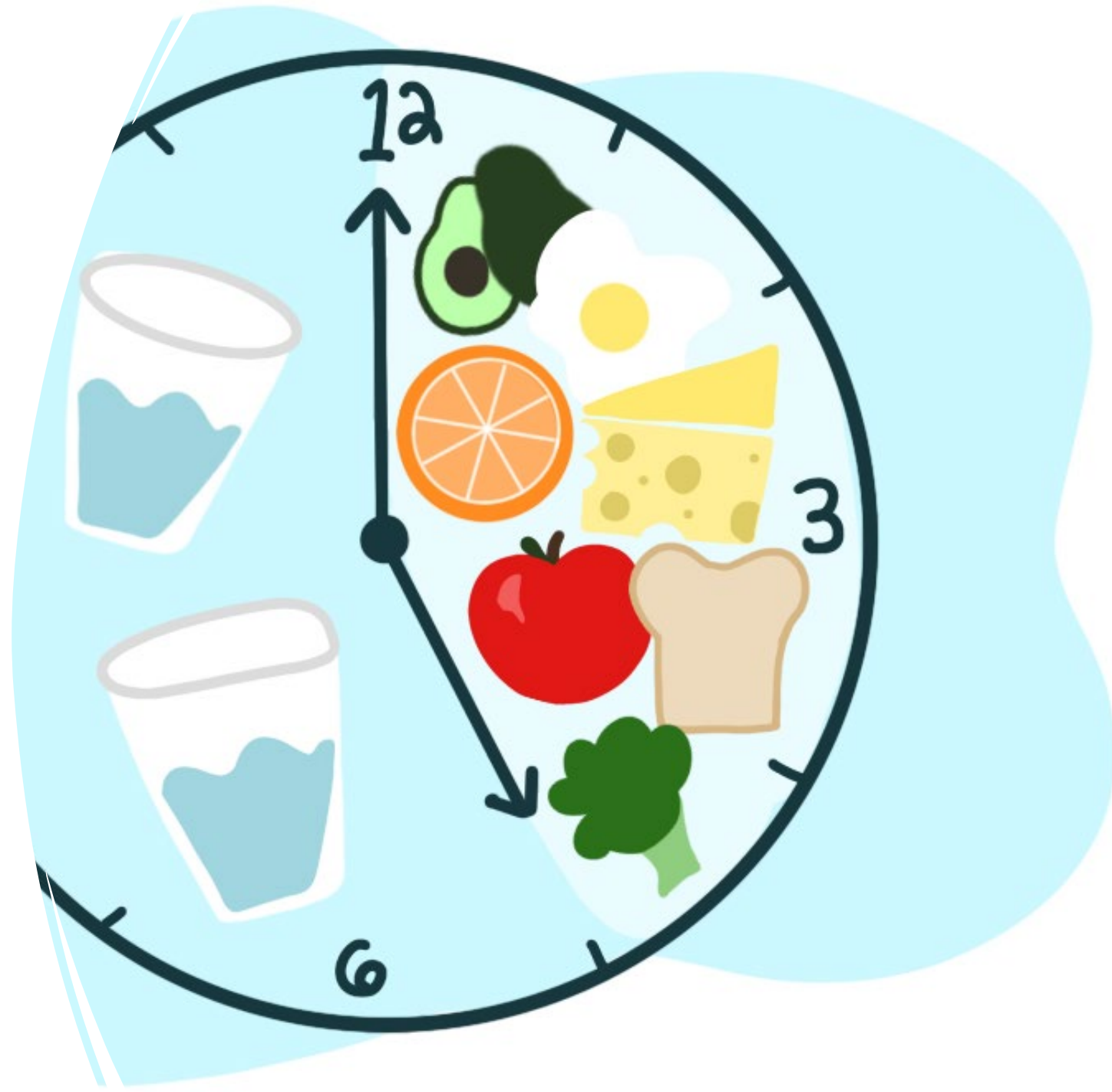
- Started in the 5<sup>th</sup> Century (Hippocrates or “Father of Medicine” himself). He recommended abstinence from food to those with certain medical conditions.
- Religious and Spiritual Fasting has been around for centuries – for as long as religion has been documented. Fasting has long been promoted as a spiritual means for intensifying prayers and faith. People have fasted as it is an obligation to God, leading to good health and spirituality. Historically, fasting was intended to bring great spiritual, mental, emotional and physical health.
- Although methods vary, examples of common Religious / Spiritual fasts include:
  - Lent (Christian)
  - Yom Kippur (Judaism)
  - Hinduism – Fasting exists on certain days of the month
  - Ramadan (Islam)
- Used for Peaceful Protest purposes (Ghandhi).



# Most Popular Types of Fasting (Current Day)

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- Time Restricted
- Overnight
- 5:2 Method
- Eat, Stop, Eat (24 hr fasting)
- Alternate Day



# Time Restricted

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- 14-16 hr fast OR 8-10 hr fed state
- Smaller the feeding window = less calories consumed and supports an increased metabolic shift.
- Research showing earlier in the day eating = better health effects (ex stopping by 5 p.m. vs. 8 p.m.) Goes along with the body's natural circadian rhythm (natural processes the body goes through).
- Promotes Autophagy: the natural 'cellular housekeeping' process where the body clears debris and other things that stand in the way of the health of mitochondria.
- This involves daily fasting. Some individuals may find this harder to commit to long term however some may appreciate calorie restriction not being as limited compared to other methods.

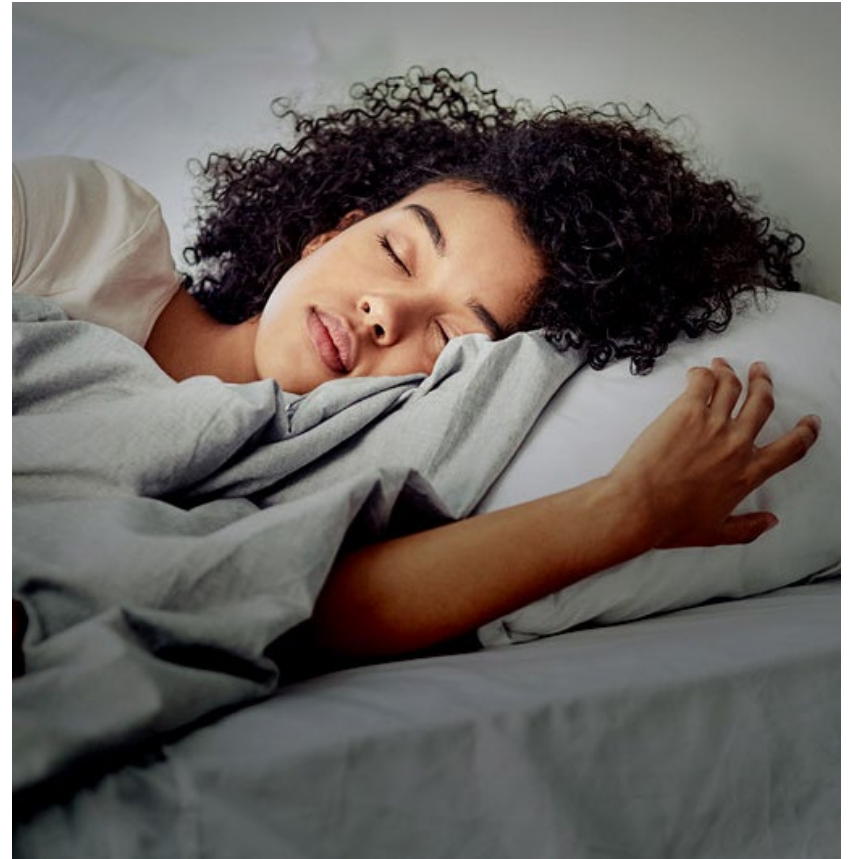




# Overnight Fasting

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- 12 hour fast (6:00 p.m. to 6:00 a.m.)
- Much simpler to implement
- Metabolic effects not as strong, but still there
- Helps those who snack at night
- Allows for all meals to be eaten at a more normal time



# 5:2 Method

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- 2 Days of Caloric Restriction – technically not fasting but lean days occur.
- Non-fasting days calories not restricted. Still encouraged to respect body's fullness cues.
- Fasting Days or “lean days” restricted to 500-600 calories.
- Can choose any 2 days to fast. Must be spaced by 1 non fasting day.
- More compliant with this method due to fasting days being limited.
- NOTE: Fasting + lower calorie days aids with weight loss/metabolic shift however if fasting continues without a return to normal calorie intake, it could alter the metabolism in a negative manner.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Eat normally	Women: 500 calories Men: 600 calories	Eat normally	Eat normally	Women: 500 calories Men: 600 calories	Eat normally	Eat normally



# Eat, Stop, Eat Approach

- Developed by Brad Pilon (Author / Graduate of Human Biology and Nutrition Sciences). Researched benefits of this style of eating in his graduate program.
- Fasting for 24 hours 1-2 times per week (Essentially one meal a day a couple times per week) + adding in a weekly resistance program.
- Example = Fast from Dinner to Dinner
- Individuals may find this method appealing due to limited nature of fasting, like 5:2 approach.
- Some individuals may struggle with a full day of not eating.



# Alternate Day

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- Similar to the 5:2 method where your “lean days” are 500-600 calories (25% of your daily needs roughly).
- Fasting (or lean days) are done every other day.
- Challenges are that due to frequency of lean days, individuals may struggle with feeling full majority of the time.
- Benefits are that it’s known to be very effective at weight reduction. Consistency with this method may be difficult to manage.



# Which fasting method is best?

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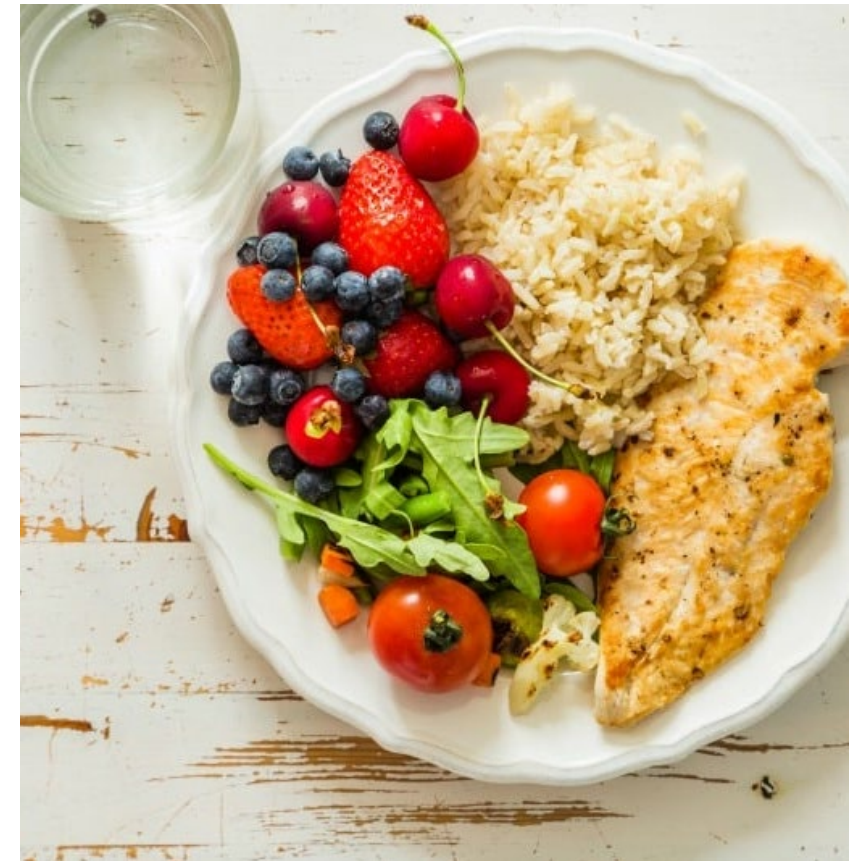
- Looking at the research – a longer fast increases your metabolic shift (ketogenic state) which enhances weight loss. It is also suggested that longer fasting states will help with Triglyceride breakdown and fat oxidation which helps with lowering blood lipid levels.
- Compliance is key. What best suits your lifestyle?
- Think: What are you trying to achieve from fasting? Centuries ago, it was truly for religious / medical reasons and individuals were driven to expand their mental and physical wellbeing through various fasting regimens. What are your reasons? What's motivating you?
- Fasting for weight loss purposes is best when there is:
  - Caloric deficit over a specific time frame
  - You allow your body to reach a ketogenic state
  - This is met with basically all fasting methods (IF done accurately) – will still need to be considerate of types of foods consumed and respecting fullness factor on non-fasting days (for example, not binging on whatever you want!).



# Dietary Considerations..

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- Fasting State
  - During true fasting states, zero calories should be consumed.
  - Dietary supplements are ok, however gummy vitamins contain sugar and must be avoided.
  - Beverages can be sugar free or naturally contain zero calories.
- Fed State
  - Types of food DO matter! Adhering to a balance of macro and micronutrients is essential. Focusing on Fiber / Protein is helpful to allow for decreased calories associated with fasting regimens.
  - Methods with Non-Fasting days – Calories are not restricted; however, it is highly important to understand the importance of listening to your fullness cues and respecting them. Binging habits can and will be formed if these behaviors are not controlled.
  - The earlier you start your eating window the better, research is suggesting. Insulin sensitivity and glucose uptake are higher earlier in the day, and lipid absorption and cholesterol synthesis are higher earlier in the day as well. Based on our natural circadian rhythms, eating earlier is ideal.





# Suggested Benefits of Fasting

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- Weight loss (metabolic advantage due to ketogenic state)
- Fasting puts positive stress on the body (similar to vigorous exercise)
- Improves Insulin sensitivity
- Reduced Inflammation
- Boosts health of mitochondria (powerhouse cells in the body)
- Fasting state produces a series of events that at the cellular level eliminate accumulate wastes of the cells – almost as if it’s going through a “spring cleaning”. Research leading to fasting aiding with slowing down aging process and the prevention/treatment of certain disease.
- Lower Blood Pressure
- Overall, it can be a simple approach to weight loss for some: Does not require extensive nutrition knowledge or time commitments, making it easier to implement.



# Suggested Limitations of Fasting

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- Most research has been conducted on animals (fruit flies / mice) vs. humans.
- Drop out rates of human studies on fasting are high – making long term results hard to conclude.
- Studies are not isolating out if it's the fasting OR the calorie restriction that is resulting in the overall benefits that are being suggested.
- Fasting can be very difficult to fit into a normal lifestyle regimen.
- Some people indulge on the non-fasting days without restrictions (especially the 5:2 fasting method). Can lead to disordered eating mentality.







# Contraindications of Fasting:

- Fasting is not recommended for
  - Children / Teens
  - Pregnant or Lactating Women
  - Frail older adults
  - History of Eating Disorder or Disordered Eating habits
  - Immunocompromised
  - Individuals on certain medications (Insulin / Those with Diabetes need to consult with Physician prior to starting a fasting regimen).
  - Anyone with significant co-morbidities requiring medication should seek medical approval prior to starting any fasting regimen.



- You can achieve optimal health through many methods of lifestyle change, including fasting.
- You DO NOT have to be involved in a fasting regimen to live a healthy life that promotes longevity.
- For those seeking weight management, the main goal is to develop a healthy eating pattern that is sustainable and can support weight loss over time. For some individuals they may be fasting but for some it may not be as ideal.
- Research is still needed , especially more human studies, to conclude the true benefits of this method of eating on overall health.
- *Personal Note: My main goal is to guide someone through their own personal journey to better health. As an RD I am here to provide unbiased information that supports ongoing evidenced based research. I am also here to say that there is never a one size fits all approach with achieving optimal health.*

# References:

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# Let's Cook! Maple Mustard Pork Loin

