

Intermittent Fasting Methods

See which one might work best for you!

Method	What it is	Pros	Cons
12/12 Method	Fast for 12 hours; eat normally for 12 hours	• Beginner-friendly & relatively easy to abide by • Follows a typical circadian rhythm	• Does not limit the quantity or quality of food during eating window
16/8 Method	Fast for 16 hours; eat normally for 8 hours	• May help the body burn more fat for fuel • Eat meals in regular cadence • Taking in fewer overall calories will likely result in weight loss	• Requires nutritional balance and consistency to see results
5:2 Diet	Restrict 500-600 calories 2 days a week; eat normally all other days	• Allows for flexibility • Allows ability to eat unrestricted 5 days per week • Taking in fewer overall calories will likely result in weight loss	• May cause you to feel overly • May cause fatigue on fasting days • May cause overcompensation of caloric intake on normal days • The strict caloric allowance on fasting days can be challenging to adhere to
Alternate-Day Fasting	Fast every other day, eating 500-600 calories on fasting days	• Can lead to significant calorie reduction over time • Taking in fewer overall calories will likely result in weight loss	• Can be mentally and physically draining • May cause low energy • Can make getting optimal nutrients difficult • Does not emphasize quality of food
OMAD (One Meal A Day)	Fast for 23 hours, and eat all daily calories in a 1-hour window	• May simplify meal planning • Timing of meal is determined by you • Taking in fewer overall calories will likely result in weight loss	• Can be difficult to meet all your nutrient needs • Can lead to side effects like binge-eating and fatigue • Does not emphasize quality of food

Emmy Winners Intermittent Fasting Vs

Richard Bailey



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