

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	<ul style="list-style-type: none">• Beginner-friendly & relatively easy to abide by• Follows a typical circadian rhythm	<ul style="list-style-type: none">• Does not limit the quantity or quality of food during eating window
16/8 Method	Fast for 16 hours; eat normally for 8 hours	<ul style="list-style-type: none">• 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	<ul style="list-style-type: none">• Requires nutritional balance and consistency to see results
5:2 Diet	Restrict 500-600 calories 2 days a week; eat normally all other days	<ul style="list-style-type: none">• Allows for flexibility• Allows ability to eat unrestricted 5 days per week• Taking in fewer overall calories will likely result in weight loss	<ul style="list-style-type: none">• 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	<ul style="list-style-type: none">• Can lead to significant calorie reduction over time• Taking in fewer overall calories will likely result in weight loss	<ul style="list-style-type: none">• 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	<ul style="list-style-type: none">• May simplify meal planning• Timing of meal is determined by you• Taking in fewer overall calories will likely result in weight loss	<ul style="list-style-type: none">• 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

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