

# Intermittent Fasting Methods

See which one might work best for you!

Method	What it is	Pros	Cons
<b>12/12 Method</b>	Fast for 12 hours; eat normally for 12 hours	<ul style="list-style-type: none"><li>Beginner-friendly &amp; relatively easy to abide by</li><li>Follows a typical circadian rhythm</li></ul>	<ul style="list-style-type: none"><li>Does not limit the quantity or quality of food during eating window</li></ul>
<b>16/8 Method</b>	Fast for 16 hours; eat normally for 8 hours	<ul style="list-style-type: none"><li>May help the body burn more fat for fuel</li><li>Eat meals in regular cadence</li><li>Taking in fewer overall calories will likely result in weight loss</li></ul>	<ul style="list-style-type: none"><li>Requires nutritional balance and consistency to see results</li></ul>
<b>5:2 Diet</b>	Restrict 500-600 calories 2 days a week; eat normally all other days	<ul style="list-style-type: none"><li>Allows for flexibility</li><li>Allows ability to eat unrestricted 5 days per week</li><li>Taking in fewer overall calories will likely result in weight loss</li></ul>	<ul style="list-style-type: none"><li>May cause you to feel overly</li><li>May cause fatigue on fasting days</li><li>May cause overcompensation of caloric intake on normal days</li><li>The strict caloric allowance on fasting days can be challenging to adhere to</li></ul>
<b>Alternate-Day Fasting</b>	Fast every other day, eating 500-600 calories on fasting days	<ul style="list-style-type: none"><li>Can lead to significant calorie reduction over time</li><li>Taking in fewer overall calories will likely result in weight loss</li></ul>	<ul style="list-style-type: none"><li>Can be mentally and physically draining</li><li>May cause low energy</li><li>Can make getting optimal nutrients difficult</li><li>Does not emphasize quality of food</li></ul>
<b>OMAD (One Meal A Day)</b>	Fast for 23 hours, and eat all daily calories in a 1-hour window	<ul style="list-style-type: none"><li>May simplify meal planning</li><li>Timing of meal is determined by you</li><li>Taking in fewer overall calories will likely result in weight loss</li></ul>	<ul style="list-style-type: none"><li>Can be difficult to meet all your nutrient needs</li><li>Can lead to side effects like binge-eating and fatigue</li><li>Does not emphasize quality of food</li></ul>

# Intermittent Fasting Vs Download

**Alex Bourne,Eden Rohmer**

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