

Box 1. Examples of intermittent fasting regimens.

Intermittent energy restriction (IER)

Example 1: “5:2 diet”

Limit calories 2 days a week (days together or apart); eat healthily 5 days a week.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
500–850 kcal*	500–850 kcal*	Healthy eating				

*Food and/or total diet replacements.

Example 2: Alternate-day fasting

Limit calories 3–4 days a week; eat healthily 3–4 days a week.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Healthy eating	500–850 kcal*	Healthy eating	500–850 kcal*	Healthy eating	500–850 kcal*	Healthy eating

*Food and/or total diet replacements.

Time-restricted eating (TRE)

Example: “16:8 diet” (most common – others include 12:12 and 18:6)

Fast (no food or calorific drinks) for 16 hours a day; eat normally 8 hours a day.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
12 am							
4 am	Fast						
8 am							
12 pm	Eat normally						
4 pm							
8 pm	Fast						
12 am							

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Victor M. Corman

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