

# 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

**Nicholas Mayor**



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