

Intermittent Fasting

Stage 1: Right After Eating

- Carbohydrates from food are converted into glucose (sugar) and released into the bloodstream.
- Blood sugar level rises.
- Insulin stimulates the conversion of glucose into glycogen as energy storage.



Stage 2: 3 Hours After Eating

- While insulin works, blood sugar level drops.
- In a non-fasting state, glycogen is used as energy.
- Excess glycogen that is not used is stored in the body as fats.



Stage 3: 9 Hours After Eating

- As blood sugar levels continue to drop, the body reacts by converting glycogen back into glucose and releasing it into the bloodstream.
- Fat is not yet used as an energy source, as there is still glucose and glycogen available.



Stage 4: 11 Hours After Eating

- Now that the stored glycogen has been almost used up, a metabolic switch is flipped.
- Fat is burned as it is used as energy.



Stage 5: 14-16 Hours After Eating

- As fat-burning continues, fatty acids are converted into ketones via ketosis.
- Ketones provide energy to the brain, heart and other vital organs.



Intermittent Fasting Compare

**Tatiana Zilberter, Piotr
Bregestovski, Yuri Zilberter, Antonio
Paoli**

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Metabolic Shifting: Nutrition, Exercise and Timing Tatiana Zilberter, Piotr Bregestovski, Yuri Zilberter, Antonio

Paoli, 2021-01-22 *Evidence-Based Eating* W. Kenneth Ward, 2022-08-24 This clearly written easy to read and accessible book summarizes the best and latest research findings in the field of human nutrition and lifestyle while at the same providing fascinating historical context to these topics It distinguishes high quality research evidence from low quality statements such as personal anecdotes and testimonials and gives examples of confusing uncontrolled studies that inappropriately conflate correlation with causation **Dietary Strategies for Healthy Aging - Caloric Restriction and**

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health outcomes Although research has provided inconsistent results the eating disorder ED field are concerned that CR may lead to adverse psychological outcomes such as disordered eating symptomology Few studies have explored the psychological and behavioural effects of IF and whether it differs from the effects of CCR Aims To compare the effects of beginning the 5 2 diet a popular IF regime with beginning a CCR diet on ED symptoms binge eating food cravings and mood Method Males and females participating in either IF 500 calories for females 650 calories for males 2 days week or CCR 15 25% calorie restriction for 7 days week were followed for four weeks ED symptoms binge eating food cravings and mood were assessed using online self report measures prior to starting the diets and after four weeks of dieting N 86 Participant adherence to the diets was measured through food diaries and weight lost Results Participants in both diet groups reported reductions in shape concern weight concern binge eating disorder symptoms food craving and mood symptoms over the four weeks of dieting The IF group reported greater reductions in shape and weight concern than the CCR group and lower levels of eating concern after four weeks of dieting compared to the CCR group Both groups reported increased restraint scores over the four weeks of dieting and this was significantly higher for the CCR group Exploration of risk factors demonstrated those who scored highly on dichotomous thinking experienced less reduction of food cravings for the IF group whereas those who scored low on self esteem experienced a higher reduction of mood symptoms for the CCR group Conclusions Commencing an IF or CCR diet was associated with an increase in restraint and a reduction in numerous symptoms of eating disorders food craving and adverse mood symptoms in healthy adults Overall commencing an IF diet was associated with greater reductions in symptoms of eating disorders

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