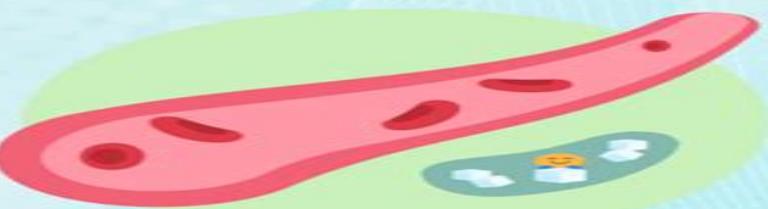


# Intermittent Fasting

## 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 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 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 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

**MoezAllIslam Ezzat Faris,Ismail  
Laher,Ayse Leyla Mindikoglu,Meghit  
Boumediene Khaled,Hassane Zouhal**

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[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 Beyond** Sebastian J. Hofer,Sergio

Davinelli,2022-03-21 **Nutrition and Sustainable Development Goal 3: Good Health and Wellbeing** Alejandro Cifuentes,Elena Ibañez,Miroslava Rossenova Atanassova,Özlem Çağındı,Alfred Mugambi Mariga,Elezabeth Mathews,2025-01-23 Building on the Millennium Development Goals the UN Sustainable Development Goals SDGs are the cornerstone of the 2030 Agenda for Sustainable Development billed by the UN as an agenda of unprecedented scope and significance These seventeen goals are conceived as integrated indivisible and as balancing the economic social and environmental dimensions of sustainable development To be achieved by 2030 the goals are organized around five core pillars people planet prosperity peace and partnership As a member of the SDGs Publishers Compact Frontiers is committed to advocating the themes represented by the SDGs and accelerating progress to achieve them **Lifestyle Medicine, Fourth Edition** James M. Rippe,2024-09-20 The fourth edition of Dr James Rippe's classic Lifestyle Medicine textbook continues to lead and inform the rapidly growing field of lifestyle medicine This is the discipline that focuses on the impact of daily habits and actions on both short and long term health and quality of life The first edition of this comprehensive work named the field of lifestyle medicine in the academic medical literature The fourth edition continues to span and expand the field and offers extensive evidence based literature in virtually every aspect of lifestyle medicine This Textbook edited by cardiologist Dr James Rippe who is a leading lifestyle medicine researcher represents the combined wisdom and recommendations of over 325 experts in virtually every aspect of lifestyle medicine Chapter authors have been chosen because of their background as leaders in various aspects of lifestyle medicine Lifestyle Medicine Fourth Edition contains extensive sections on the treatment and prevention of coronary heart disease stroke cancer diabetes obesity substance abuse dementia and many other clinical conditions Key lifestyle modalities such as physical activity nutrition weight management sleep stress reduction and positive connections with other humans are supported by detailed discussion and state of the art evidence The expanded section on behavioral medicine provides an important framework for these discussions Every chapter has been completely revised and many new topics added such as lifestyle medicine for nursing psychiatry and preventive neurology The fourth edition of this classic text continues to serve as the leading comprehensive textbook in lifestyle medicine The original has been called the indispensable bible of lifestyle medicine and the fourth edition of this work continues to justify this designation There is no longer any serious doubt that daily habits and actions have a significant impact on multiple aspects of health The fourth edition of Lifestyle Medicine provides the scientific evidence to support this assertion and will serve as an invaluable reference and guide not only to lifestyle medicine practitioners but to all primary care physicians subspecialty physicians nurses and other healthcare practitioners **Comparing the Effects of Intermittent Fasting and Continuous Calorie Restriction on Eating Disorder and Mood Symptoms in Healthy Dieters** Freya Donaldson,2019 Background Overweight and obesity is currently a worldwide problem Calorie restriction CR diets including intermittent fasting IF and continuous calorie restriction CCR are popular methods of attempting to lose

weight and improve 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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