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Health tip

Intermittent fasting

Intermittent fasting is a new trend in nutritional medicine. We explain what it is all about and why it can promote well-being.

► Going without food for a defined period

Intermittent fasting is an eating plan in which you swap between normal eating periods and fasting in a defined rhythm. There are different versions.

► Example of the 16:8 method

The most well known form of intermittent fasting is the so-called 16:8 method. This means you eat normally for 8 hours and then fast for a period of 16 hours. Either your early-morning or evening meal is then omitted. For example, you eat your last meal of the day at 6 pm and only eat again at 10 am the next morning.

► Positive impact on metabolism

As the body has to manage with less sustenance for an extended period of time, it taps into its fat reserves but not the protein in its muscle mass. This is an advantage over longer phases of dieting with their unwanted yo-yo effect. If you skip your evening meal, the body does not have to work as hard digesting overnight, increasing the quality of your sleep.

► Good to know

Whilst you are fasting, drink enough calorie-free liquid – ideally water. And when eating, make sure your meals are rich in fibre and protein to help you feel full. Ensure that what you eat is nutritionally balanced, and do not eat more or faster than usual. This will help you reach and maintain a healthy body weight in the long term.



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