



**THE PATH
TO GREATER
VITALITY AND
HEALTH**

INTERMITTENT FASTING

Intermittent fasting (interval fasting, IF) refers to a form of fasting that alternates between periods of abstaining from food and periods of normal food intake. The best known are 16:8 fasting and the 5:2 principle. Both intermittent fasting and the concept of calorie restriction are based on the same idea. Calorie restriction means restricting energy intake while simultaneously consuming all essential vitamins, minerals, and trace elements. Both approaches correspond to the diet of our earliest ancestors, who did not always have a well-stocked fridge.

Intermittent fasting is suitable as a long-term form of nutrition and has positive effects on health. For example, it is said to reduce ageing and inflammatory processes. Moreover, it can support the treatment of various illnesses.

Intermittent fasting should be done individualized and based on specific goals. As the constant intake of food has become a habit, hunger can often occur at the beginning of the fasting phase. The fasting phase helps many people to learn a natural feeling of satiety and hunger. After just a few days, you will quickly get used to it.

GENERAL PRACTICAL TIPS:

- **Do not give in to the first feeling of hunger**
- **Only eat as much as your feeling of fullness allows**
- **Enjoy in peace and chew well**
- **Avoid large meals**

DRINKING HABITS

Drink enough during the fasting phase and make sure you choose the right drinks. Suitable drinks include water, unsweetened tea, black coffee, and calorie-free drinks. Caffeine not only provides the first energy boost of the day, but also reduces your appetite and is therefore particularly suitable when you feel hungry.

16:8 Fasting:

The daily fasting phase lasts 16 hours and food can then be consumed within 8 hours.

20:4 Fasting:

Here you only have 4 hours per day to eat.

5:2 Fasting:

The principle designates 2 days on which calorie intake is restricted to 500-650 kcal. There are no restrictions on the remaining 5 days, but energy intake should match energy requirement.



16:8 FASTEN

The best-known model is the 16:8 fast. This involves fasting for 16 hours a day and eating for the remaining 8 hours. The eating window can occur at any point in the day, but it should suit well into your everyday life.

Time slot: Fasting
before 12 noon,
no milk, no sugar



Time slot:
Meals from 12 - 8 pm

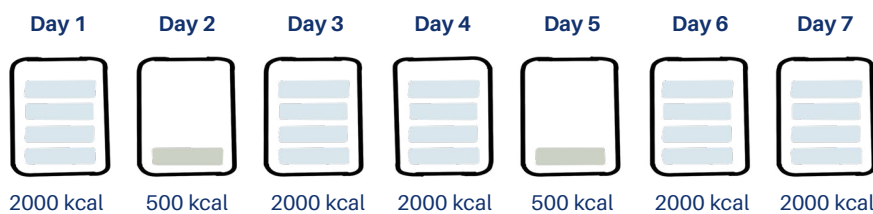


Time slot: Fasting
after 8 pm



5:2 PRINCIPLE

The 5:2 principle designates two days on which calorie intake is restricted to 500-650 calories. There are no restrictions on the remaining 5 days. However, the energy intake should correspond to the energy requirement.



5 days of normal eating 2 days partial fasting

In general, there are no restrictions regarding the choice of food, but attention should be paid to a balanced, whole-food nutrition.

FOOD SELECTION:

- Fresh fruit and vegetables
- Wholemeal products
- Pulses
- Low-fat dairy products
- High-quality meat/fish
- Nuts/seeds
- Vegetable oils

The last meal before the next fasting phase should be designed in such a way that the blood sugar level rises slowly and then falls again slowly. It should also be filling to prevent premature hunger during the fasting phase. Meals with complex carbohydrates combined with fat and protein are suitable for this.

Note: If you would like to find out more about whole-food nutrition, you can find further information in our nutrition flyer „Whole-food nutrition“.

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Tips for the 2 fasting days:

- Eat protein-rich foods
- Eat plenty of vegetables
- Turn to hot broths and tea when feeling hungry
- Drink enough

Avoid:

- Fast food and highly processed foods
- Sugary soft drinks
- Sweets
- Fatty snacks
- Alcohol