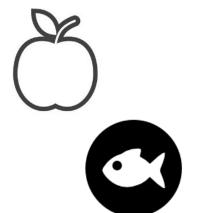
WHAT IS INTERMITTENT FASTING?

- Intermittent fasting (IF) is an eating pattern.
- •IF provides guidance on when to eat
- •IF involves a short period of restricted eating, called a "fast day" or "fast time", followed by a period of eating healthy reduced-calorie meals and snacks, called a "eating day or "eating hours"".
- Fasting does not mean starvation and a eating does not mean eating whatever you want and as much as you want.
- Reducing calories reduction during fasting times should promote weight loss as long as you consume a healthy diet and do not overeat during eating times.









INTERMITTENT FASTING PROTOCOLS



Protocol	Description
Alternate Day Fasting (ADF)	 Every other day is a Fast Day (0-600 kcals) Every other day is an Eating Day –Typical caloric intake based on body weight
Modified Fasting 5:2 Program	 5 days / week are typical caloric intake based on body weight 2 days / week are fast days (0-600 kcals) The 2 fast days are ideally consecutive, but do not need to be
Time Restricted Feeding 16:8 Program	 Ad libitum eating during specific windows of time resulting in extended fasting on a regular basis Consume food only during an 8 or 10 hour time period and fast the remaining 16 or 14 hours. For example: 8 eating hours: 10:00 am to 6:00 pm or 11:00 am to 7:00 pm 10 eating hours: or 8:00 am to 6:00 pm or 9:00 am to 7:00 pm



Time Restricted Intermittent Fasting (8 to 10 Hours Eating/14 Hours Fasting) 1200 calories

600 calories from OPTIFAST HP® and 600 calories from healthy dinner

Meal or Snack	Eating Times	OPTIFAST HP® Shake and 600 Calorie Meal	Calories	Protein (g)
Breakfast	9:00 am to 10:00 am	1-8 fl oz serving OPTIFAST HP®	200	26
Lunch	12:00 pm to 1:00 pm	1-8 fl oz serving OPTIFAST HP®	200	26
Afternoon Snack	2:00 pm to 3:00 pm	1-8 fl oz serving OPTIFAST HP®	200	26
Dinner	Stop eating by 6:00pm to 7:00 pm	4 oz lean meat 1 cup cooked vegetables 1 serving fruit 1 serving bread/starch 2 servings fat 1 cup skim milk	220 50 60 80 90	28 4 0 3 0 8

Note: Drink at least 2 quarts (8 cups) of non-caloric liquid per day. For further guidance with your diet, consult your OPTIFAST® Program provider.



Time Restricted Intermittent Fasting (8 to 10 Hours Eating/14 Hours Fasting) 1400 calories

400 calories from OPTIFAST HP®, 400 calories at lunch, 600 calories at dinner

Meal or Snack	Eating Times	OPTIFAST HP® Shake and 600 Calorie Meal	Calories	Protein (g)
Breakfast	9:00 am to 10:00 am	1-8 fl oz serving OPTIFAST HP®	200	26
Lunch	12:00 pm to 1:00 pm	3 oz lean meat ½ cup cooked vegetables 1 serving fruit 1 serving fat 1 cup skim milk	165 25 60 45 90	21 2 0 0 8
Afternoon Snack	2:00 pm to 3:00 pm	1-8 fl oz serving OPTIFAST HP®	200	26
Dinner	Stop eating by 6:00pm to 7:00 pm	3 oz lean meat 1 cup cooked vegetables 1 serving bread/starch 1 cup skim milk	165 50 80 90	64 4 3 8

Note: Drink at least 2 quarts (8 cups) of non-caloric liquid per day. For further guidance with your diet, consult your OPTIFAST® Program provider.



MODIFIED ALTERNATE DAY INTERMITTENT FASTING PROTOCOL WITH OPTIFAST HP®

Maintenance Phase Active Weight Loss 0 to 3 months 4 to 6 months **Feast Days** Fast Days (600 calories) **Feast Days** Fast Days (600 calories) • 3 OPTIFAST HP® at convenient • 3 OPTIFAST HP® at convenient Approximately 1200-1500 Approximately 1400-1700 times on each fasting day calories per day times on each fasting day calories per day) (every other day). (every other day). • Eat a healthy reduced-calorie diet • Eat a healthy reduced-calorie diet of conventional food on each of conventional food on each feasting day. feasting day. Reduced-calorie meal plans and Reduced-calorie meal plans and recipes available in the FAQ recipes available in the FAQ guidance document (to be guidance document (to be distributed after session) distributed after session)



CONTRAINDICATIONS

IF is a promising non-surgical and non-pharmacological approach for weight loss and improved metabolic health for those who can tolerate long intervals of not eating or eating very little.

Intermittent fasting is NOT recommended for...

- Individuals with T1DM or T2DM using insulin/insulin-like drugs unless closely followed by MD
- 2 Individuals with frequent episodes of hypoglycemia
- <18 years of age</p>
- Current or history of eating disorders



- Recovering from surgery
- 7 Pregnant or nursing
- Elite athlete or in training for a marathon or other major athletic event

