

What is Intermittent Fasting?

It's a way of eating that uses time to regulate your food intake without counting the calories

You don't count your calories!

But you do count the hours

Restricting the time in which you eat your meals



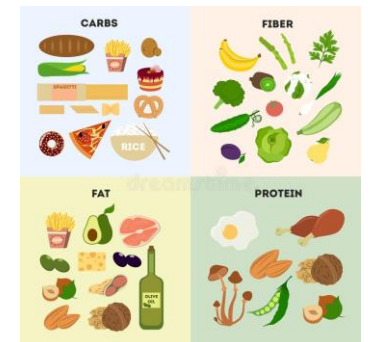
Your digestive system could use a rest



No Calorie Counting

Choose a variety of healthy foods

Keep an eye on the time



One version is Time Restricted Feeding or TRF

You consume all your meals and snacks in a given window of time

Popular choices are 6- and 8-hour feeding windows

18/6!

16/8!

Remember to eat all your food in this time window

Improves your blood sugar and helps limit your calorie intake

Keep an eye on the time



↓ Insulin Resistance



Choose the days you want to restrict your feeding time



Remember No Calorie Counting

Without counting your calories

HEALTHY EATING TIPS

