



What Is Interval Fasting — and Does It Work?

Quick Definition

Intermittent (interval) fasting alternates eating and fasting windows. It's about **when** you eat, not necessarily **what** you eat.

Protocol	Window	Practice
14:10	14h / 10h	8:00–18:00 eating window
16:8	16h / 8h	10:00–18:00 eating window
5:2	5 days / 2 low-cal	2×/wk at ~500–600 kcal
24-h fast	1–2×/wk	Dinner→dinner; water/tea/black coffee

What Happens in the Body

- Insulin dips during fasts may aid fat mobilisation.
- Some report calmer appetite and simpler meal routine.
- Results vary; quality of diet still matters.

Who Shouldn't (or only with medical advice)

- Pregnant/breastfeeding; under 18; underweight; ED history.
- Diabetes, chronic illness, or medications — doctor oversight.
- Stop if dizzy/weak/unwell; eat and seek advice.

7-Day On-Ramp

- Mon–Tue: delay breakfast 1–2h; dine earlier.
- Wed–Thu: aim 13–14h fast; balanced meals (protein, fibre, fats).
- Fri: full 14:10 day; hydrate.
- Weekend: test 16:8 once/twice if comfortable.

Do / Don't

- DO: Water, unsweetened tea/black coffee; electrolytes if needed.
- DO: Whole foods, protein, fibre in the window.
- DON'T: Binge at window start; avoid ultra-processed “rewards”.
- DON'T: Pair with extreme calorie cuts without supervision.

Note: interval fasting isn't universal. Check with a healthcare professional before changing your diet.



Open the article for examples & cautions.