

Soundbite Script – Intermittent fasting isn't appetizing for everyone

Nicole O'Neill, registered dietitian, OSF HealthCare

"They've heard people do well with it. They've seen some celebrity or a social media person say it's the thing that's helped them. Maybe it could." (:13)

Nicole O'Neill, registered dietitian, OSF HealthCare

"In my years as a dietitian, I've had two patients use intermittent fasting successfully [losing weight]. Everybody else, it's a variation or a no-go. It just really depends on the person. That's why it's important to work with a dietitian to determine if it will work for you or not." (:19)

Nicole O'Neill, registered dietitian, OSF HealthCare

"If intermittent fasting works for you, it's an easy way to restrict your calories. You're only going to eat twice during the day. And then you have that calorie deficit. And then you have weight loss." (:11)

Nicole O'Neill, registered dietitian, OSF HealthCare

"For some people, skipping breakfast is not going to work. If they try to do intermittent fasting and wait until noon, they become so overly hungry that by the time they do get to their eight-hour eating window, they are out of control. They've eaten more calories than they would have if they would have had breakfast, lunch and dinner." (:20)

Nicole O'Neill, registered dietitian, OSF HealthCare

"Any diet is worth trying because there are so many out there and we're just individuals who need something specific for ourselves." (:8)