

Script – Broadcast – Intermittent fasting isn't appetizing for everyone

INTRO

Intermittent fasting has been around for a long time. But the eating plan that switches between fasting [not eating'] and eating on a set schedule, really took off in the early 2000s thanks to books, articles and documentaries highlighting the diet. By 2018, intermittent fasting got a boost due to celebrities like Jennifer Aniston and Hugh Jackman sharing success stories.

(((SOS)))

Nicole O'Neill, 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)

VO

While many people have found intermittent fasting works, it's not for everyone. O'Neill has consulted many people in the past 11 years who've tried using an eating schedule. O'Neill says she's only had two patients use intermittent fasting successfully. She adds that it depends on the person and it's important to work with a dietitian to determine if it will work for you.

O'Neill adds that the emergence of weight loss drugs like GLP-1 medications have replaced the intermittent fasting diet for some.

There are many types of intermittent fasting methods, including the following:

- 16:8 – fasting for 16 hours and eating during an eight-hour window (for example, noon to 8 p.m.)
- 14:10 – a more normal approach with a 14-hour fast and a 10-hour eating window
- 5:2 – eating normally five days per week and consuming a significantly reduced calorie intake on two non-consecutive days

TAG

O'Neill recommends eating two to three hours after waking up to help maintain energy levels and establish a consistent eating pattern.

(((SOS)))

Nicole O'Neill, 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)

O'Neill says if you have Type 1 diabetes, are pregnant, breastfeeding or under the age of 18, intermittent fasting is not recommended.