

# Intermittent Fasting and Low Carbohydrate Diets

## Intermittent Fasting

Intermittent fasting (IF), also known as time-restricted eating (TRE), involves eating during a shorter time period in the day. For example, instead of eating at 7am, 12pm and 6pm with a snack at 8pm, you would adjust that to 9am, 1pm and 5pm. This change results in an 8 hour feeding window of time rather than a 13 hour window. This simple act is very powerful for weight loss.

Once you have adjusted to this eating window, you can increase it by skipping breakfast once in a while. Skipping both breakfast and lunch is called a 24-hour fast. 1 full day of fasting can reduce body weight by ½ pound. See more examples of intermittent fasting in the diagram on the following page.

In studies where people ate the same amount of calories per day but over a shorter time period, they lost weight. The goal is not calorie restriction.

The problem with dieting by restricting calories is that the body adapts. The body gets used to being a certain weight and tries to maintain it by reducing its metabolism when the calories are reduced. The reason that time-restricted eating works without reducing calories is because it lowers your insulin levels. When we don't feed the body for a longer time, blood sugar can get lower, so not as much insulin is needed and insulin levels drop as well. Insulin causes weight gain, so when insulin is low, the body can burn fat. Also, with less exposure to insulin, the body will start to become more insulin-sensitive, which means it can use insulin more efficiently. It will need to make less insulin, and lower insulin levels mean less weight gain, and possible improvements in, or even remission of, type 2 diabetes. People with type 2 diabetes have lots of insulin but the body is not responding to it as it should. IF can bring about improvements in the management, and sometimes even remission, of type 2 diabetes.

You will need to break your fast and eat if you experience any of these symptoms: feeling shaky, light-headed, nauseated, nervous, irritable, anxious, confused, unable to concentrate, hungry, sweaty, headachy, weak, drowsy, a numbness or tingling in your tongue or lips, or a faster heart. These could be signs that your blood sugar is low, or

lower than your body is used to. Once you have eaten and are feeling back to normal, wait at least 45 minutes before driving.

Fasting is like a new muscle, with practice, you will be able to tolerate longer stretches. Don't be discouraged if you have to break a fast early. Keep trying and your body will get used to it and adapt.

If you have diabetes and are taking medications to lower your blood sugar, talk to your health care provider before starting to fast. Your medications may need to be adjusted to prevent your blood sugar from dropping too low. More care needs to be taken around preventing and treating low blood sugar events when medications are involved.

## 7 Ways to Do Intermittent Fasting



## Low Carbohydrate Diets

A low carbohydrate or ketogenic diet is another way of controlling blood sugar. Your food is made up of protein, carbohydrates and fat. Carbohydrates are the sugar components, including breads, rice, pasta, sugar and most other sweeteners.

Carbohydrates raise insulin, so keeping your carbohydrate consumption low allows your insulin to drop so your body can burn fat. A low carb diet is typically under 50g of carbs daily, and sometimes as low as 20g daily. Using an app to count your daily carbs is a helpful way to get started.

# Free Resources

## Intermittent Fasting

- [www.diabetesremission.ca/](http://www.diabetesremission.ca/)
- [drmindypelz.com](http://drmindypelz.com) Education and resources geared towards women. Dr. Pelz has hundreds of videos on her YouTube channel: [www.youtube.com@drmindypelz](http://www.youtube.com@drmindypelz)
- Canadian nephrologist Dr. Jason Fung's collection of YouTube videos discusses obesity, type 2 diabetes, cancer, nutrition and weight loss  
[www.youtube.com/@drjasonfung](http://www.youtube.com/@drjasonfung)
- Facebook group – The Fasting Method Network by Dr. Jason Fung & Megan Ramos. This moderated group can answer questions, and you can learn from other people's posts. People share their success with weight loss and other progress they are making.
- Helpful articles on intermittent fasting:
  - <https://www.dietvsdisease.org/intermittent-fasting-is-powerful-for-weight-loss/>
  - <https://drjockers.com/10-common-intermittent-fasting-myths/>

## Low Carbohydrate Eating

- Carb Manager – free app for carbohydrate counting
- Low carb recipes - [www.dietdoctor.com](http://www.dietdoctor.com)
- Low carb recipes - [Alldayidreamaboutfood.com](http://Alldayidreamaboutfood.com)

## Books

These books can be purchased or found at the library:

The Complete Guide to Fasting: Heal Your Body Through Intermittent, Alternate-Day, and Extended Fasting, by Jason Fung and Jimmy Moore

Fast Like a Girl: A Woman's Guide to Using the Healing Power of Fasting to Burn Fat, Boost energy and Balance Hormones, by Dr. Mindy Pelz

Life in the Fasting Lane: How to Make Intermittent Fasting a Lifestyle – and Reap the Benefits of Weight Loss and Better Health, by Jason Fung, Eve Meyer & Megan Ramos

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