



## IN THIS ISSUE

- The Facts on Intermittent Fasting
- Product of the Month
- Recipe of the Month



## The Facts on Intermittent Fasting

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Intermittent fasting (IF) has been a popular weight loss trend that involves having a set time for eating and a set period for fasting. The goal of IF is to have your body burn fat while fasting. When your body runs through all of the carbs for energy during fasting, it will resort to using fat stores.

*continued on page 2*



## What's Happening this Month:

\* Make sure to download the Baritastic app and join using our Capital Health code (76777). Use the app to log your food and get recommendations from your dietitian, be reminded of program events and updates, and access recipes!

\* Our Bariatric Support Group for post-weight loss surgery patients is **September 27 from 6–7 p.m.** All support groups are held virtually, so please check the Baritastic app, our online support group or your e-mail (check junk mail!) for the link to access, or message your dietitian to receive the link.

\* Our Medical Weight Loss Support Group for all New Direction patients is, **September 20 from 4:30–5:30 p.m.** All support groups are held virtually, so please check the Baritastic app or your e-mail (check junk mail!) for the link to access. Email registered dietitian Emily Santora at [esantora@capitalhealth.org](mailto:esantora@capitalhealth.org) if you need the link. Our Medical Weight Loss Program features Robard's great tasting New Direction products! Weekly visits with our dietitians help you develop an individualized plan and lifestyle skills to help you lose weight and keep it off! To get started, call our office at 609.537.6777 to schedule your screening with Dr. Anwar.

\* If you had surgery and are not a member of our Post-Op Online Support Group, the Capital Health D.R.E.A.M. Team, please send an email to [clazur@capitalhealth.org](mailto:clazur@capitalhealth.org) so Caroline can send you the link and accept your request. This is a great way to obtain support from our program and other post-op patients in our program, 24/7!

\* Are you or someone in your life thinking about weight loss surgery? Schedule a virtual information session with our bariatric surgeon, Dr. Chung, on **September 5 at 7 p.m. on Zoom.** To register, visit [capitalhealth.org/weightloss](http://capitalhealth.org/weightloss) or call our office to speak to Brelynn, our coordinator, at 609.537.6777.

# THE FACTS ON INTERMITTENT FASTING

*continued*



## Different Kinds of IF

### ■ Time-Restricted Fasting

Using this method, fasting occurs between eight to 12 hours every day, with most of it taking place while you sleep. With a ratio of 16:8, you fast for 16 hours and have an eight-hour eating window. For example, you would have between noon and 8 p.m. to eat and would fast during the hours in between.

### ■ Modified Intermittent Fasting

After fasting for two days of the week, you eat normally for the other five days of the week. On the fasting days, you consume 25% of your normal calorie intake.

### ■ Alternate Day Fasting

As the name suggests, you switch between days of fasting and days of normal eating for this method. During fasting days, calorie-free drinks are allowed. Alternate day fasting can cause side effects such as increased hunger and difficulty concentrating on fasting days.

## The Research

### ■ Blood Sugar and Insulin Resistance

Studies have shown mixed results for changes in blood sugar. Methods of IF where the participant has one large meal during the eating period

worsens fasting glucose levels in the morning. Methods where carbohydrate restriction and IF were used in combination showed some improvement in insulin sensitivity, but more research is needed.

### ■ Heart Health

Studies have shown that when IF is combined with calorie restriction, blood pressure and triglycerides levels were reduced. Other studies have shown no major difference in lipids or blood pressure over a 12-month period.

### ■ Weight Loss

Intermittent fasting may lead to a reduction in calorie intake and possible weight loss. By giving yourself a set window of eating time, there is potential to decrease your calorie intake, but there is no guarantee of this. Therefore, it is still essential to change your eating habits as well. If you know you struggle with night time snacking, having a cut-off time of 7 p.m. may help eliminate added calorie intake you may regularly have at night.

### ■ The Bottom Line

More research needs to be done before IF can be a recommended method for weight loss. Many studies have been done on animals such as rodents and mice, and more long-term studies are needed in the human population.



## THE FACTS ON INTERMITTENT FASTING

continued



### Groups That Should Avoid Intermittent Fasting

- **People on blood sugar-lowering medications/people with Type 1 Diabetes.**  
People with diabetes who are on glucose lowering medication should also be careful of considering IF. Intermittent fasting can put those with diabetes at a greater risk of having low blood sugar. A more consistent eating schedule is more appropriate for this condition.
- **People with an intense exercise regimen.**  
If you are following a more intense exercise regimen or exercising consistently, you may not be able to meet your nutritional needs within an eight-hour period. However, IF is easy to individualize based on your needs. If you need a longer eating window, change it to a 10–8 (or 9–7) eating period.
- **People with a history of disordered eating.**  
If you have a history of struggling with disordered eating such as binge eating disorder, anorexia, or bulimia nervosa, it would not be appropriate to follow intermittent fasting. This type of eating schedule could make this type of condition worse.



### Key Points to Consider

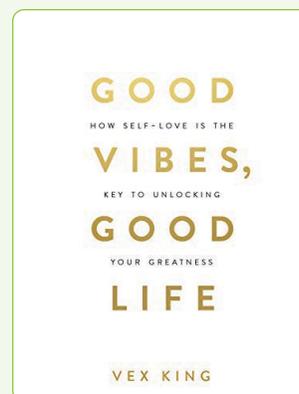
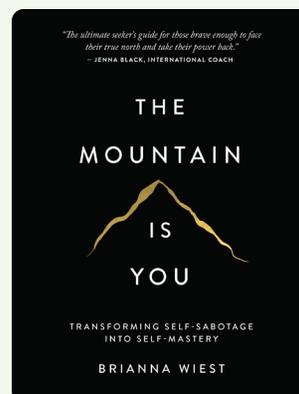
- Diet change is still important.
- Intermittent fasting can help with reducing calorie intake, but excess calorie intake during eating periods is still possible.
- Meeting daily nutritional needs is a difficult task to begin with. With less time to eat during intermittent fasting, it can be even more difficult to meet the body's nutrition requirements.
- There are risks to IF and certain people should avoid it. **Consult with your doctor or dietitian before starting this type of regimen.**



### Products of the Month

Having the right mindset plays a huge part in helping you reach your goals! Check out these books for inspiration and motivation. Shop at Amazon, Barnes and Noble, and other retailers.

- *The Mountain Is You: Transforming Self-Sabotage into Self-Mastery* by Brianna Wiest
- *Good Vibes, Good Life: How Self-Love Is the Key to Unlocking Your Greatness* by Vex King



## RECIPE OF THE MONTH



### HIGH-PROTEIN EGG WHITE MUFFINS

September is Better Breakfast Month, so try this high-protein egg recipe from [skinnytaste.com](http://skinnytaste.com) to start your morning right!

Prep Time: 15 minutes ■ Cook Time: 35 minutes

#### NUTRITION INFO – PER SERVING

Yield: 6 servings Serving Size: 2 muffins

144 CALORIES ■ 4.5g CARBS ■ 20g PROTEIN  
1.5g SATURATED FAT ■ 33mg CHOLESTEROL  
4.5g FAT ■ 502mg SODIUM ■ 1g FIBER ■ 2g SUGAR

*Image and recipe adapted from [skinnytaste.com](http://skinnytaste.com)*

#### INGREDIENTS

- ½ tbsp extra virgin olive oil
- 16 oz. carton egg whites
- 5.3 oz. container 2% cottage cheese (a little over 1/2 cup)
- ½ tsp garlic powder
- ¼ tsp seasoning salt (like adobo)
- ¼ cup chopped shallots or red onion
- ¼ cup chopped scallions
- 1 medium bell pepper (red or orange), chopped
- ½ cup chopped steamed broccoli (or frozen)
- 6 slices Applegate uncured turkey bacon, cut in half (from one 8 oz. package)
- ¼ cup shredded sharp cheddar cheese
- olive oil spray

#### DIRECTIONS

1. Preheat the oven to 350°F. Spray a nonstick 12-cup muffin tin VERY generously with oil so the eggs don't stick.
2. Sauté the shallots, scallions and bell pepper in oil over medium-low heat and cook until tender (5 to 6 minutes).
3. Add the broccoli and cook 1 more minute.
4. Meanwhile, in a large bowl combine the egg whites, cottage cheese, garlic powder and seasoning salt.
5. Add the veggies and mix.
6. Using 12-cup muffin tin, line each cup with a half slice turkey bacon around the edges and pour in the egg mixture, about ⅓ cup each.
7. Top with the shredded cheese and bake in the center of the oven about 25 minutes, until set.