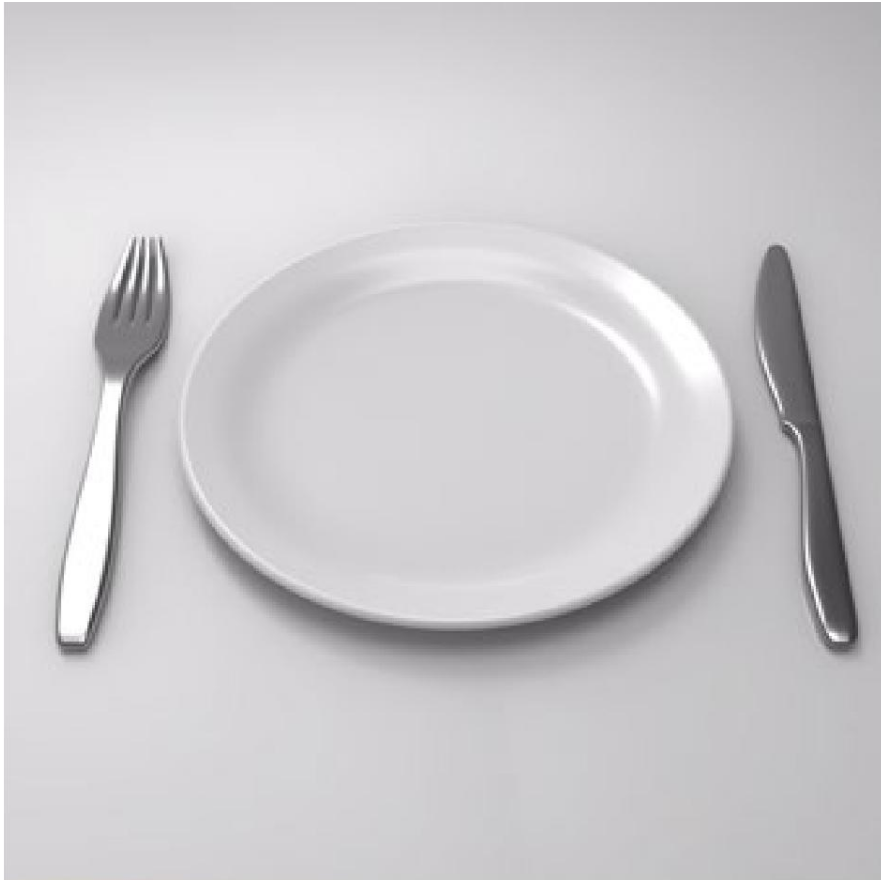




## Intermittent Fasting



### Overview

This eating plan helps some people lose weight. With intermittent fasting, you eat a healthy diet during some periods. During other periods, you don't eat. Or, you eat very little. We call these "fasting" periods. Fasting helps you eat fewer calories overall than you normally would. This helps with weight loss.

### Many plans

There are several intermittent fasting plans to choose from. With some plans, you fast all day on certain days of the week. It could be a few days, or it could be every other day. With other plans, you fast for certain hours of the day. You'll need to talk to your doctor to find the plan that's right for you.

### Sticking to it

Some people prefer intermittent fasting to other diets because you don't have to watch what you eat all the time. And over time, you may find that your body adjusts to your fasting periods. They may get easier to manage as you get used to them.

### Is it safe?

Intermittent fasting can be safe for many people. But if you are very active, pregnant, or if you have certain medical conditions, it may not be right for you. Talk to your doctor before starting a new diet plan.

