



**The Good Clean Nutrition Podcast
Episode 3 Show Notes**

The Science Behind Intermittent Fasting & Time Restricted Eating with Erin Palinski-Wade, RD, CDCES, CPT

Welcome to today's episode of *The Good Clean Nutrition Podcast* with your host, integrative dietitian, Mary Purdy. Our goal is to provide healthcare practitioners and health-minded consumers with the expert information they need on current and trending topics.

Today's guest offers expert insight into the top diet trend this year in 2021: intermittent fasting and time-restricted eating. Guest Erin Palinski-Wade is a registered dietitian, speaker, and best-selling author of multiple publications including the "*2-Day Diabetes Diet*," and the "*Belly Fat Diet for Dummies*." She is a widely renowned nutrition and diabetes expert, owner of her own private nutrition practice, and a blogger providing health tips for busy moms.

For listeners who may be unfamiliar with this diet trend, Mary starts by asking Erin to break down the basics of intermittent fasting. Erin delves into the two different schools of thought around this diet plan stating that people can choose to base their fasting practice on either the hours within their day or the days within their week. When it comes to time-restricted eating, Erin explains that most people choose an 8-hour window to do their eating, while the other 16 hours of the day are spent fasting. When it comes to alternating days, the objective is to spend five days eating as one normally would and then selecting two non-consecutive days of the week for non-eating.

Erin then dives into the various health benefits this dieting plan can offer including a positive impact on blood sugar control, improved metabolism, and increased longevity. While she believes this practice can be beneficial for many, Erin acknowledges that it may not be suitable for everyone depending on one's medical history and lifestyle. She offers insight as to who may benefit from intermittent fasting and under what circumstances she would consider an alternate dieting plan for a client.

For those looking to give intermittent fasting a try, Erin shares the ins and outs of what a typical time-restricted eating day looks like and offers concrete advice regarding meal plans, timing, and the importance of listening to your body. When considering what to eat, Erin has no shortage of information on how to reduce caloric intake on fasting days while still feeling full, and what to maximize on during your eating window. She also offers important recommendations on how to structure your exercise routine in relation to your eating schedule.

This episode concludes with Erin offering advice for healthcare professionals who may be considering recommending this dietary plan to a patient or client. As she departs, Erin encourages listeners to consult with a medical or dietary professional if they have any questions or concerns. She reminds us all that any changes to dietary habits, no matter how seemingly small, still offers benefits for those looking to pursue their health goals.



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Learn more about Erin Palinski-Wade, RD, CDCES, CPT and her work on her [website](#).

Connect with Erin on [Instagram](#), [Facebook](#), [Twitter](#), [YouTube](#), and [LinkedIn](#).

Check out her books [2-Day Diabetes Diet](#), [Belly Fat Diet For Dummies](#), [Flat Belly Cookbook For Dummies](#), and [Walking the Weight Off For Dummies](#).

Connect with host, integrative dietitian and nutrition educator, Mary Purdy, MS, RDN, on [Instagram](#), [Facebook](#), [Twitter](#) and [LinkedIn](#), and visit her [website](#).

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