

Webinar Will Begin Momentarily

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Professional Education Series

Support. Inform. Educate. Empower.

Everything Your Clients Need to Know About Intermittent Fasting

TODAY'S AGENDA:

- Introduction & Housekeeping
- Speaker Introduction
- Presentation
- Q&A
- Closing



WEBINAR HOST:

Keith Hine MS, RD

VP of Healthcare, Sports & Professional
Education
Orgain, LLC



WEBINAR PRESENTER:

Erin Palinski-Wade, RD, CDCES, CPT

Nationally Recognized Nutrition and Diabetes
Expert

OBJECTIVES

Describe the various forms of intermittent fasting.

List at least two possible health benefits of intermittent fasting.

Explain at least two ways to implement intermittent fasting your client's meal plan





Erin Palinski-Wade

- Registered Dietitian
- Certified Diabetes Care and Education Specialist
- Nutrition communications consultant & private practice dietitian
- Founder of 'Healthy Mom, Happy Family'
- Author of *2 Day Diabetes Diet & Belly Fat Diet For Dummies*
- Member of Orgain Nutrition Advisory Board
- Specialties include diabetes & family nutrition

What is Intermittent Fasting?



- Various forms of IF
- Each form may offer different benefits, concerns, and outcomes
- Most popular:
 - Time-restricted eating
 - Alternate day fasting
 - Modified alternate day fasting
 - Twice a week fasting (5:2)



Time-restricted eating

- Set fasting & eating windows
 - 16/8 or 14/10 method
 - Example: 16/8 = 16 hours fasting, 8 hours eating
- Eating windows can be adjusted to match lifestyle & needs
- No set calorie restriction



Alternate Day Fasting

- Method involves fasting every other day for a total of 3-4 'fasting' days per week
- Fast days can include a full 24 hour fast or a modified fast of 25% normal calorie intake (generally around 500 calories)

5:2 Fasting



- This method involves eating your standard diet for five days with two 'fasting' days per week
- Fasting days contain 25% of normal calorie intake (typically 500 calories)
- Fasting days can be consecutive or non-consecutive

IF & Impact on Health

- Many people interested in IF follow it with the goal of weight loss
 - Similar weight loss & body composition changes as calorie restriction
 - Similar compliance levels
 - IF may offer metabolic benefits vs calorie restriction



IF & Impact on Health

- 5:2 improved insulin resistance vs calorie restriction
- ADMF shown to provide greater improvements in insulin resistance vs calorie restriction, especially in those highest levels of insulin resistance at start of dietary modification



IF & Impact on Health

- Time restricted eating shown to result in losses in fat mass and improvements in insulin resistance & blood lipids
 - These improvements were similar to those in calorie restricted groups
 - Early feeding window was found to improve fullness & decrease hunger



Time restricted eating

- Do eating window times matter?
- Glucose tolerance improves in both early & late eating windows
- 24 hour glucose levels lower in earlier eating windows
 - Consider individual goals & lifestyle to determine what eating window may be most appropriate



Is IF the right fit for my client?



- IF may be beneficial for some clients, but not all
- Consider:
 - goals
 - lifestyle
 - personality
 - long term compliance
 - relationship with food
 - any health conditions
 - medications

Who may benefit most from IF?



- Time restricted eating
 - May work well for those who tend to graze during the day
 - Shift workers
 - Those wanting a simplified approach to calorie reduction
 - May help those who struggle with excess hunger
 - Early feeding window may benefit insulin resistance

Who may benefit most from IF?



- 5:2
 - May work well for those who have less control over food choices (frequent travel, etc)
 - Alternative for those who feel overwhelmed focusing on food choices every day
 - May offer benefits to those with insulin resistance

Who may benefit most from IF?



- Alternate Day Fasting
 - Consider for those with highest levels of insulin resistance
 - Consider long term compliance expectations

Contraindications to IF



- Food restriction can be triggering to those with history of disordered eating
- Pregnancy & breastfeeding
- Poorly controlled glucose levels in those with diabetes may lead to increased risk of hypoglycemia

Questions to consider



- What are the possible side effects & disadvantages associated with intermittent fasting?
- Does this style of eating work for my client's lifestyle?
- Will they be able to follow this style of eating long term?
- Does this style of eating offer benefits that match their goals?
- Are there any contraindications I should consider for this client?
- Should there be medical supervision for low-calorie and very low-calorie diets?
- Is more research needed?

Is More Research Needed?



- New research found TRE provided no significant difference in weight loss or health markers when compared to the control group
 - Groups were studied for one year
 - No significant difference in weight loss between control group and TRE
- Should TRE still be recommended?
 - Not all plans work for all individuals
 - TRE may benefit those who struggle with calorie counting and portion control
 - Matching clients with the best individualized plan for their own needs is key



What IF looks like in a day

- The IF menu will vary depending on the style of IF being implemented
- Time restricted eating looks similar to a normal day of eating, but within a shorter window of time
- ADF and 5:2 plans will have specific meal plans for fasting days vs feed days

Time restricted eating

Feeding window

12pm-8pm



Adequate fluids+



Fasting window

8:00pm-11:59am



Alternate Day Fasting

Fasting Day

24 hours water fast



Feeding Day

100% normal intake



+ Adequate fluids

Alternate Day Fasting (modified)

Fasting Day

24 hours water fast



Feeding Day

100% normal intake



+ Adequate fluids

5:2 Plan

Fasting Day

25% normal intake



Feeding Day

100% normal intake



Adequate fluids+



Top Tips for Clients Who Are Considering IF



- Pick an eating style that works for the client's lifestyle
- Do the potential benefits match the client's goals?
- Focus on high volume, low calorie foods with quality nutrition on restricted days
- Provide consistent, ongoing support
- Long term compliance needs to be considered with any change that aims to improve metabolic health

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Nationally Recognized Nutrition and
Diabetes Expert

rd@erinpalinski.com



GENERAL INQUIRIES:

medinfo@orgain.com