

TIME RESTRICTED EATING

What is it?

Time-restricted eating means that a person eats all of their meals and snacks **within a particular window of time each day**. This timeframe can vary according to the person's preference and the plan they choose to follow. Typically, the eating window in time-restricted programs **ranges from 6–12 hours a day**.

Outside of this period, a person consumes no calories. They should, however, drink water or no-calorie beverages to remain hydrated. In some time-restricted diet plans, people may also consume unsweetened coffee or tea without cream.

Time-restricted eating is a type of intermittent fasting. Intermittent fasting refers to any diet that alternates between periods of restricting calories and eating normally.

Although time-restricted eating will not work for everyone, those who have their doctor's approval may find it beneficial. Some recent studies have shown that **it can aid weight loss and may lower the risk of metabolic diseases, such as diabetes.**

3 Tips for Intermittent Fasting Success

If you and your doctor decide that intermittent fasting is right for you, keep these three tips in mind to help you succeed.



1. Stay hydrated.

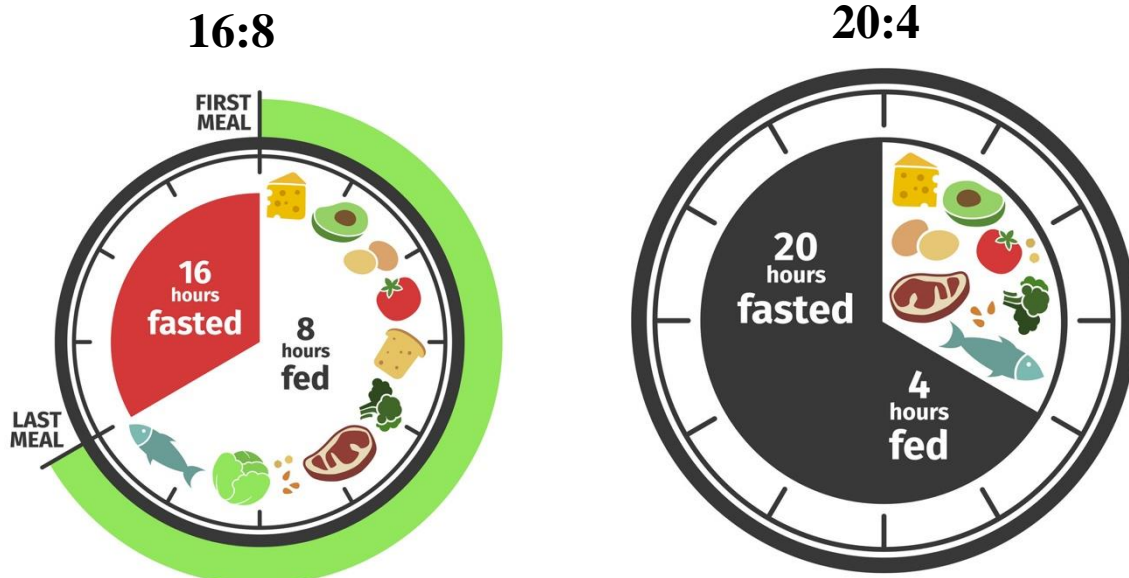


2. Avoid temptations like junk food and sugary beverages.



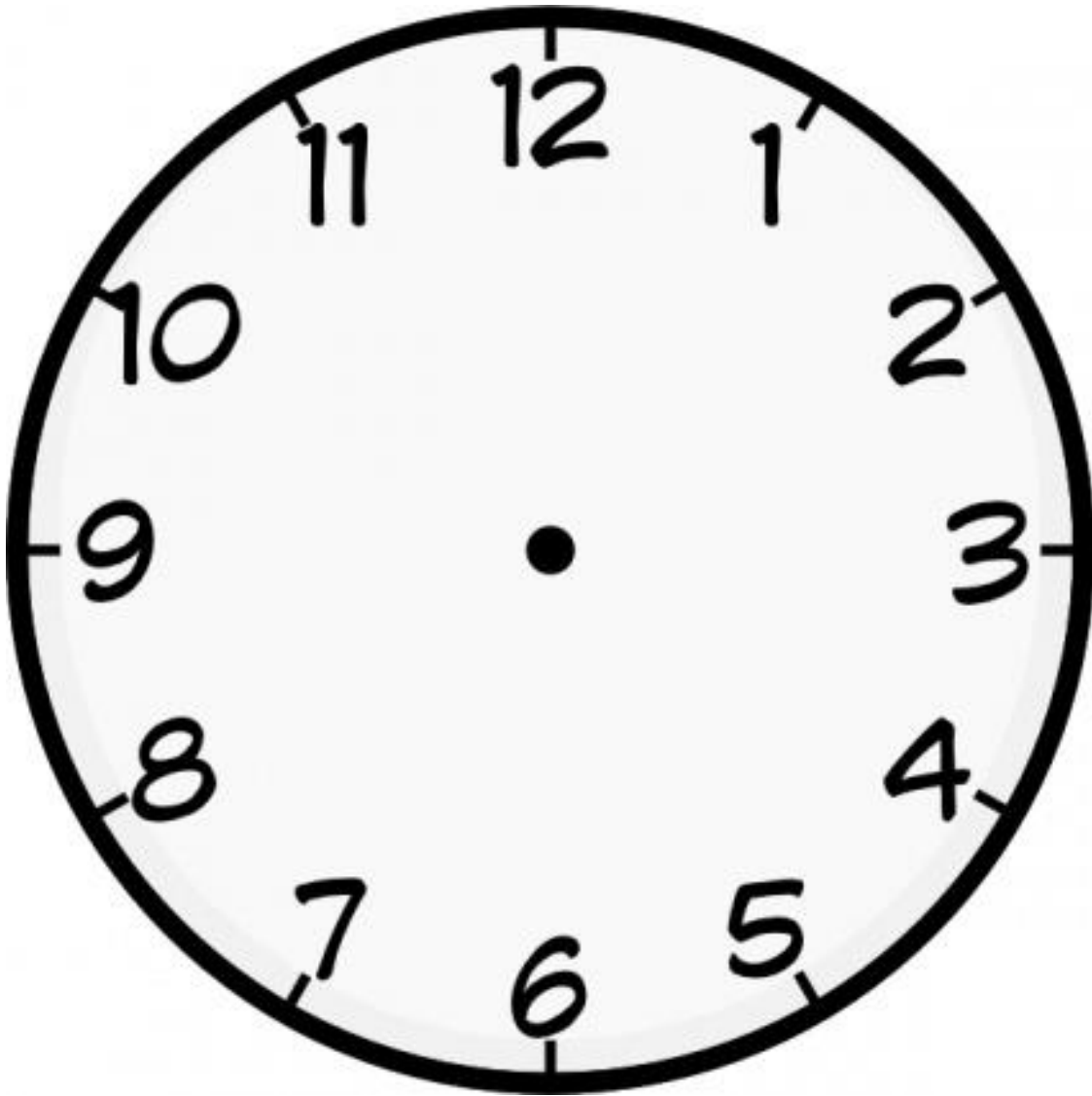
3. Get plenty of sleep.

Example fasting intervals



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<https://www.medicalnewstoday.com/articles/322365>

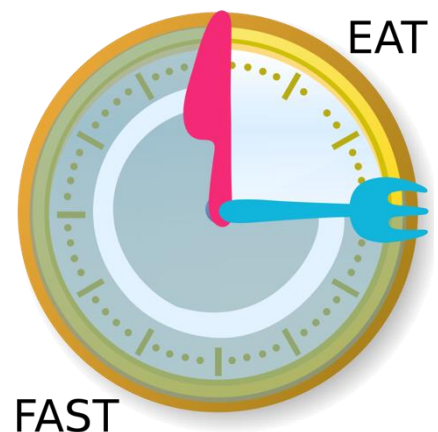
Choose your own fasting interval



Example

WHILE FASTING MAY ONLY CONSUME

- 1) WATER
- 2) BLACK COFFEE WITHOUT CREAM/SUGAR/ARTIFICIAL SWEETENERS
- 3) TEA WITHOUT CREAM/SUGAR/ARTIFICIAL SWEETENERS



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