

Food for Thought

Weekly topics on joyful eating and healthy living



16:8 Intermittent Fasting for Weight Loss

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Intermittent fasting the new buzz word – from celebrities like J.Lo and Nicole Kidman to medical doctors and entrepreneurs, everyone seems to be talking about it. But what is 16:8 intermittent fasting, does it work, and is it right for me?

What is it?

It's simple: fast for 16 hours (hopefully most of that is overnight) and eat normal-sized meals for the remaining 8. Ideally, you'd be skipping one meal in the morning or at night.

Does it work?

It won't "melt fat" or give you shredded muscles, but you might see healthy weight loss if done correctly. Fasting for one meal and eating normally the rest of the time can result in calorie restriction and weight loss. Recent studies found that those who followed the 16:8 method ate fewer calories and lost weight, but there were no significant changes in fat loss or muscle mass.

Is it right for me?

For a healthy individual wanting to lose a little weight, intermittent fasting may be your thing. However, it may not be recommended for people taking certain medications, those who struggle with blood sugar control or eating disorders, or women who are pregnant or breastfeeding. Before starting this, or any other diet, talk to your doctor to make sure it's right for you.

I want to try it!

If you're interested in making a change like this, you don't have to go it alone – Employee Wellness can offer you professional, evidence-based advice to help you reach any health or nutrition goals.



Recipe of the week

If you decide to try intermittent fasting and it's safe for you to do so, you would want something that fills you up but is also tasty and healthy. Something high in fiber or protein should do the trick and beans are usually my go-to. This Mexican Bean Salad is chock-full of high-fiber, high-protein legumes, nutrient-packed veggies, and a flavorful, mouth-watering dressing. Try adding your own unique flair by throwing in some jalapeño or avocado. Delicioso!

<https://www.allrecipes.com/recipe/14169/mexican-bean-salad/>

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