

# Do's and Don'ts of Intermittent Fasting

*Before you get started with intermittent fasting, it helps to have a better understanding of how it works, and what you should or should not do. The following list includes some common do's and don'ts that are bound to come up, allowing you to avoid some of the more common mistakes people make.*

01

## **Do: Transition Slowly**

After your first modified fast, no need to jump right into doing the 20:4 method right away. This is all about learning what feels good and works for your body gradually. Instead, eat regularly for a few days and then do the 20:4 method every second day until you feel ready to do it most days.

## **Don't: Make Yourself Miserable**

Intermittent fasting can be hard on your body at first, especially if you are used to eating 6-8 small meals throughout the day. This is another reason why modified fasting can be a great starter. It will teach your body to become more metabolically flexible. Once you achieve ketosis, you will feel amazing.

02

## **Do: Listen to Your Body**

You also want to listen to your body when you start intermittent fasting. You may try a protocol that isn't working for you, so it shouldn't be forced. While you do want to give each protocol a reasonable amount of time to find out if it is a good fit, don't go months being miserable on a particular IF protocol. You may need to accept the fact that it isn't a good one for you. Try another one and come back later if you want.

## **Don't: Start Binge Eating**

Binge eating is one of the more significant mistakes people make when they first start intermittent fasting. You might find that during the short window when you can eat, all you want to do is binge eat and go for anything you can get your hands on. This is the absolute wrong way to fast. Intermittent fasting is not meant to encourage unhealthy eating habits. You should eat the same healthy foods you normally would, just during a shorter window.



03

### **Do: Stay Hydrated While Fasting**

Make sure you are staying hydrated while you are fasting. People often forget to drink water just because they are fasting and can't consume food or drinks with calories in them. You should also avoid any drinks that might cause you to become dehydrated, like diet sodas. While technically they are allowed, they are not recommended. Instead, drink plain water, carbonated water, and herbal teas.

### **Don't: Watch the Clock**

While you do want to be sure you are waiting the appropriate amount of time while fasting, don't let it take over your life. You want to develop a different mindset with food and how often you should eat, so try just to set a timer on your phone when it's time to eat again.