

# What You Should Eat While Fasting

*Intermittent fasting, as you know by now, is a type of eating pattern where you go through phases of eating and not eating. Not only do you need to know what you can have during the fasted state, but also how and when to eat when the eating period begins.*

01

## **Don't Overindulge**

One of the biggest mistakes people make when following intermittent fasting is that they are counting the hours until they can eat, then they will overeat. The point is not to starve yourself for 20 hours so that you can binge eat for 4 hours. You want to stick to your regular diet, but eat in 2-3 more substantial meals, instead of constantly eating throughout the day. You want that food to fuel your body and sustain you for the next fasting phase.

02

## **Try No-Calorie Beverages**

If you are starting out with intermittent fasting, you might not know precisely what "fasting" entails. This does not mean you have absolutely nothing during the fasting window. Instead, you want to stay hydrated, so make sure you have plenty of water. You can also have no-calorie beverages like carbonated water, tea and coffee. Just be careful about what you add to your coffee. Some people allow themselves fats in their coffee and even some coconut milk, it's up to you to experiment.

03

### **Stick to a Healthy Diet**

Many people make the mistake of using intermittent fasting as an excuse to eat what they want, then fast, assuming it will balance out and they won't gain weight. This is the absolute wrong mindset to have, plus, you aren't going to obtain all the incredible benefits of intermittent fasting if you choose this method. When you are eating after fasting, ease into it slowly, starting with a normal-sized, healthy meal. Your meals during a shorter eating window should be as nutritious as possible, with lots of vitamins and minerals. Think lean protein, fruits and veggies, grains, nuts, and seeds. You may have one or two larger meals. You don't want your meals to be riddled with preservatives, sugar, and processed ingredients.