

# Intermittent fasting

An introduction for people with diabetes



## Information for patients Dietetics - Diabetes

Intermittent fasting is when a person eats less food than usual for short periods of time each week and a healthy balanced diet the rest of the time which can help with weight loss. There are different ways to do this, for example the 5:2 Diet, and Time-Restricted Eating. This leaflet describes the 5:2 Diet where a person eats the recommended amount of energy (calories) on 5 days a week and reduces energy to 600 calories on 2 days a week.

**How long can I follow this diet for?** You can follow this diet for as long as you want to.

**What support will I receive?** After your assessment appointment with a dietitian, you may be offered a follow-up appointment if needed. A person is more successful in following a new diet when they have a range of support, for example from friends and family, online advice and weight reduction support groups.

**How will this diet benefit me?** A person can lose approximately ½ - 1kg (1 - 2 pounds) per week on this diet. It can also help you to tune in to signs of hunger and fullness.

**Is this diet suitable for me?** This diet works well for people who do not want to follow a 'diet' every day. You might find it useful to stick to a routine with the same fasting days each week e.g. every Monday and Thursday.

**Are there any foods I should avoid?** There are no foods that must be avoided but following a healthy diet and being carbohydrate aware on non-fast days will help you to achieve maximum weight loss. You will receive advice about this from your dietitian. You are advised to avoid alcohol on your fast days.

**What else can I eat and drink on fast days?** There are example meal plans over the page. Try to stick to your plan, as eating extra food between meals can lead to a higher energy intake, which means you may not achieve your weight loss goal. It might also increase your blood glucose.

You will need to drink more than usual on fast days to stay hydrated - aim for 3 litres of calorie-free fluids, for example tea and coffee (with little or no milk), water, diet or zero drinks and no added sugar cordial.

**Important notes:** If you are prescribed **gliclazide** or **insulin** you must receive advice from a diabetes nurse or your GP about checking your blood glucose levels more often and your medication on fasting days. This will help to prevent hypoglycaemia (a low blood glucose level).

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## Where can I get further information?

**Books:** '5:2 Diet Photos' by Chris Cheyette and Yello Balolia; 'The Fast Diet' by Dr Mosley (5:2 Diet); 'The Fast 800' by Dr Michael Mosley (5:2 and other methods of intermittent fasting)

**Calorie counting phone apps:** Carbs & Cals, MyFitnessPal

## Diet sample menu plan

**Fast Days:** Aim for 600 calories including up to 50g carbohydrate a day. Use the suggested sources of information to plan your fast day meals.

### Option 1: 2 meals a day

Meal	Food and amount	Energy (calories)
Breakfast	150g natural yogurt, 1 tablespoon pecans, 40g blueberries	250
Evening meal	130g grilled salmon with salad or vegetables	350

### Option 2: 3 meals a day

Meal	Food and amount	Energy (calories)
Breakfast	30g Branflakes with 100ml skimmed milk	150
Lunch	Fresh soup	150
Evening meal	Thai green prawn curry from 5:2 Photos book	300

### Option 3: 1 meal replacement product and a meal

Meal	Food and amount	Energy (calories)
Breakfast	Meal replacement product e.g Slimfast, Asda Great Shape, Tesco Ultralim, etc	200
Evening meal	Omelette made with 2 eggs, 130g potato, onion, mushroom, tomato with mixed salad with 1 tsp olive oil and vinegar dressing	400

Telephone numbers:

- Northern General Hospital Diabetes Centre: **0114 271 4445**
- Royal Hallamshire Hospital Diabetes Centre: **0114 271 3479**



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