

Fast Diet Journal

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intermittent fasting include alternate-day fasting, periodic fasting, such as the 5:2 diet, and daily time-restricted eating. Intermittent fasting has been... 64 KB (6,505 words) - 20:19, 16 March 2024

A protein-sparing modified fast or PSMF diet is a type of a very-low-calorie diet (<800 kcal per day) with a high proportion of protein calories and simultaneous... 8 KB (999 words) - 02:56, 3 December 2023

Psychological Effects of Fasting. American Journal of Psychology 40 (2): 236–253. A. M. Johnstone.

(2007). Fasting – the ultimate diet?. Obesity Reviews 8... 23 KB (2,358 words) - 04:29, 13 March 2024

inclining to epilepsy should be made to fast without mercy and be put on short rations." Galen believed an "attenuating diet" might afford a cure in mild cases... 81 KB (10,238 words) - 12:06, 2 March 2024

the U.K. SlimFast promotes diets and weight loss plans featuring its food products. There is mixed evidence on the effectiveness of the diet, although it... 8 KB (736 words) - 17:21, 20 December 2023

Mosley is an intermittent fasting and low-carbohydrate diet advocate who has written books promoting the ketogenic diet. Mosley was born in Calcutta... 29 KB (2,336 words) - 12:24, 9 March 2024

focused on the fasting-mimicking diet (FMD). The FMD is a low-calorie, low-protein, moderate-carbohydrate, moderate-fat plant-based diet program, that... 12 KB (994 words) - 00:20, 26 January 2024

September 2020). "A Pesco-Mediterranean Diet With Intermittent Fasting: JACC Review Topic of the Week". Journal of the American College of Cardiology.... 44 KB (4,457 words) - 13:08, 15 March 2024

these diets use herbs or celery and other juicy low-calorie vegetables. Detox diets can include fasting or exclusion (as in juice fasting). Detox diets tend... 54 KB (6,597 words) - 01:24, 1 March 2024

unprocessed food. Rice diet The Good Carbohydrate Revolution Liquid diets Cambridge Diet Slim-Fast KE diet 5:2 diet Bretharian diet: A diet based on a belief... 95 KB (9,422 words) - 13:40, 11 December 2023

unreasonable claims for fast weight loss or health improvements; as such it is often considered a type of pseudoscientific diet. Fad diets are usually not supported... 60 KB (6,741 words) - 07:37, 14 March 2024

A very-low-calorie diet (VLCD), also known as semistarvation diet and crash diet, is a type of diet with very or extremely low daily food energy consumption... 21 KB (2,317 words) - 02:24, 27 December

2023

fallback KE diet – Fad diet using a feeding tube Low-fiber/low-residue diet – Diet that limits stool Protein-sparing modified fast – Type of dietPages displaying... 58 KB (6,437 words) - 19:30, 5 March 2024

The Western pattern diet is a modern dietary pattern that is generally characterized by high intakes of pre-packaged foods, refined grains, red meat, processed... 28 KB (3,141 words) - 18:51, 12 March 2024

Ros, Emilio (22 September 2020). "A Pesco-Mediterranean diet with intermittent fasting". Journal of the American College of Cardiology. 76 (12): 1484–1493... 50 KB (4,879 words) - 14:33, 11 March 2024 elderly person who is not physically able to fast. They should donate the amount of a normal person's diet for each day missed if they are financially... 16 KB (2,086 words) - 00:39, 17 March 2024

fast, a religious diet program based on the fasting experiences of the Old Testament prophet Daniel. ... participating parishioners started the fast Ash... 102 KB (13,179 words) - 14:36, 16 March 2024

A gluten-free diet (GFD) is a nutritional plan that strictly excludes gluten, which is a mixture of prolamin proteins found in wheat (and all of its species... 84 KB (9,630 words) - 14:16, 4 March 2024

A healthy diet is a diet that maintains or improves overall health. A healthy diet provides the body with essential nutrition: fluid, macronutrients such... 52 KB (5,874 words) - 04:36, 6 February 2024

Azadbakht, Leila (2012). "Fast Food Consumption, Quality of Diet, and Obesity among Isfahanian Adolescent Girls". Journal of Obesity. 2012: 597924. doi:10... 65 KB (7,072 words) - 19:22, 7 February 2024