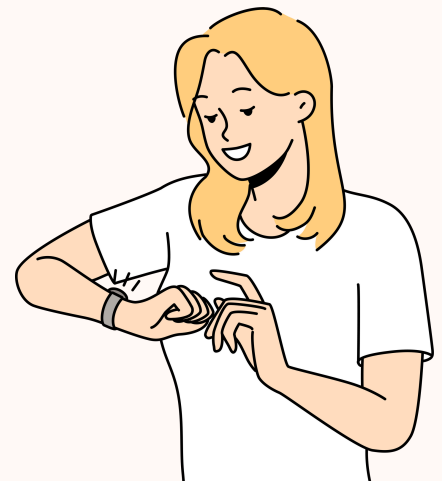# TIPS INTERMITTENT FASTING

Start gradually

If you're new to fasting, it's best to start gradually. Begin by skipping one meal a day or fasting for a shorter period, such as 12 hours. Then gradually increase the length of your fasting periods.
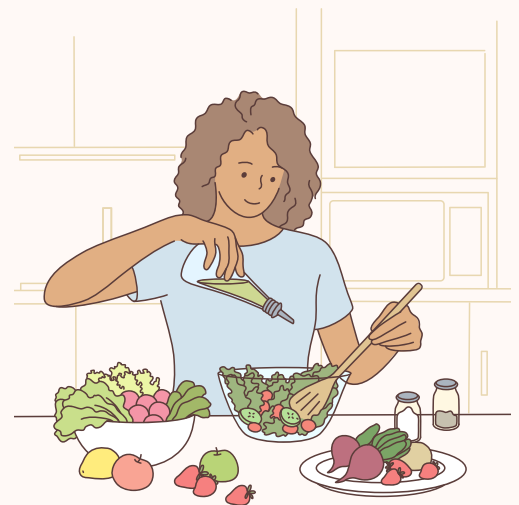
Stay hydrated

It's important to drink plenty of water, especially during fasting periods. Water helps to keep you hydrated, and it can also help to curb hunger.

Eat nutritious foods

When you break your fast, choose nutrient-dense foods that will provide your body with the nutrients it needs. Focus on whole, unprocessed foods like fruits, vegetables, and healthy fats.
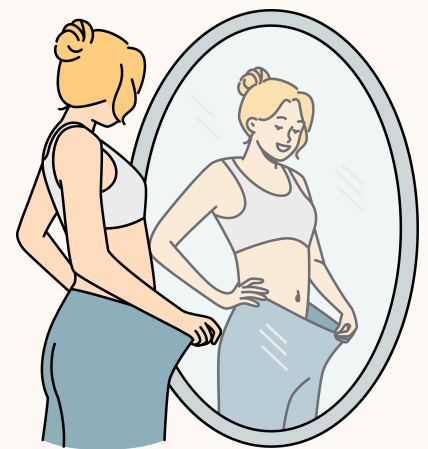
Plan your meals

Planning your meals ahead of time can help you stick to your fasting schedule and make healthy choices.

Listen to your body

If you feel unwell or experience any negative symptoms during fasting, listen to your body and adjust your fasting schedule accordingly.

Be consistent

Consistency is key when it comes to intermittent fasting. Stick to a regular fasting schedule.

Consult with doctor

If you have any medical conditions or concerns, it's important to consult with your doctor before starting intermittent fasting.