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Recommended Citation

Libraries at Rochester Regional Health. (2020). RRH Library Newsletter, January 2020. *Werner Voice*
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Intermittent Fasting

Intermittent fasting is a diet which involves cycling between periods of fasting and unrestricted eating ([Harvard School of Public Health](#)). Although not new—fasting is a central tenant of Ramadan and many other religious observances—the practice has recently experienced renewed interest in the U.S. as a weight loss method.

- [Effects of Intermittent Fasting on Health, Aging, and Disease](#). de Cabo R, Mattson MP.
- [Effectiveness of Intermittent Fasting and Time-Restricted Feeding Compared to Continuous Energy Restriction for Weight Loss](#). Rynders CA, Thomas EA, Zaman A, Pan Z, Catenacci VA, Melanson EL.
- [Intermittent fasting, Paleolithic, or Mediterranean diets in the real world: exploratory secondary analyses of a weight-loss trial that included choice of diet and exercise](#). Jospe MR, Roy M, Brown RC, Haszard JJ, Meredith-Jones K, Fangupo LJ, Osborne H, Fleming EA, Taylor RW.
- [Scientific evidence of diets for weight loss: Different macronutrient composition, intermittent fasting, and popular diets](#). Freire R.
- [The Effectiveness of Intermittent Fasting to Reduce Body Mass Index and Glucose Metabolism: A Systematic Review and Meta-Analysis](#). Cho Y, Hong N, Kim KW, Cho SJ, Lee M, Lee YH, Lee YH, Kang ES, Cha BS, Lee BW.

By Rachel Becker, MLIS

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