RRH Library Newsletter, January 2020

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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.


- **Scientific evidence of diets for weight loss: Different macronutrient composition, intermittent fasting, and popular diets.** Freire R.


By Rachel Becker, MLIS