

### **Follow Time-Restricted Eating (TRE)**

Prolonged fasting duration of 14-16 hours or longer, between the evening meal and next morning meal, has shown a great promise in the reversal of obesity, Type2 diabetes, Metabolic syndrome, and Dyslipidemia. Time-Restricted Eating has currently become a household slogan amongst the educated societies of the world. Low insulin levels for several hours means less appetite, less eating, lower overall levels of glucose, and thereby less fat synthesis in the body. Long fasting period allows the body to withdraw from the stored fat energy in the body.

***What is the optimal Fasting/ Feeding cycle*** - The aim is to keep the fasting period longer than feeding period in a 24-hour day cycle. That has the dual effect of minimizing the Insulin demand and using up stored fat in the body. Clearing up of the fat stores is the first significant step to reverse the food and lifestyle diseases, including Dyslipidemia. In simple language, optimal fasting feeding time is all about going back to the old cultural tradition of eating 2-3 meals/ day.

Individuals who are nearly normal weight- can Keep three meal routine of Breakfast, Lunch, and Dinner. Keep a 12-14 hour time gap between dinner and next morning breakfast, and 6-7 hours between day meals.

Individuals who are overweight or obese on the other hand should keep two meal schedule of Brunch (Breakfast plus lunch as one meal) and Dinner. Keep a 16-hour gap between the dinner at by 7-8 PM and the next morning meal –brunch at 11 AM-12 noon.

*(For more detailed information on Time-Restricted Eating or Intermittent Fasting Plans refer to this section)*

**Minimize or Stay away from alcohol-** Alcohol promotes fatty liver and has a major impact on triglyceride level. The triglycerides and bad LDL- cholesterol levels would be high if the alcohol intake occurred within 9-12 hours of drawing a blood sample for checking lipid levels.