



The Effect of a Fasting Mimicking Diet (FMD) on Overweight and Obese Women: A Case-based Pilot Study.

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Abstract:

Introduction: A fasting mimicking diet (FMD) is a new form of an intermittent energy restricted (IER) diet, which depends on low energy intake rather than actual fasting. We hypothesized that a FMD would reduce systemic inflammation and that a FMD with higher protein content would facilitate adherence to the diet.

Method: In this pilot study, we developed a dietary system that used whole foods and investigated the relationship between fasting FMDs and health indicators. Six healthy women, 33-55y, BMI 27-33 kg/m², were recruited. Subjects were randomized to one of two diets, which they followed for 3 weeks; they then returned to their normal diets for a week, and then adhered to the second diet for 3 weeks. Each test diet consisted of 3 low energy intake days followed by 4 days of isocaloric energy intake. The diets differed only by protein content. High sensitivity C-reactive protein (hs-CRP) tests, Glucose tests, weight, and waist circumference were measured at the beginning and end of each dietary intervention. Analyses of the results were on a case basis. Visual analogue scales were used to assess fullness and satiety.

Result: Both diets resulted in decreased inflammation as indicated by lowered hs-CRP tests and those who adhered to the diets lost weight. Participants purported greater satiety when adhering to the higher protein FMD and that



both diets were positive experiences.

Conclusion: The FMDs appeared to improve health in overweight women and the higher protein version enhanced adherence.

Biography:

Nada Alzhrani is studying PhD and Postdoctoral in medical studies at the Dalhousie University, Canada. She is specialist in Weight Loss, Weight Gain, Weight Management, Diabetes Educator & other Disease.

Recent Publications:

1. Multiple bleeding detection in wireless capsule endoscopy, Ouiem Bchir, Mohamed Maher Ben Ismail, Nada Alzhrani

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