

5 Cara

Menerapkan Diet Intermittent Fasting bagi Pemula

1

Puasa 12 jam sehari.

Lalu, makan secara normal seperti puasa pada umumnya.

5

Puasa 24 jam dalam satu minggu. Berpuasa penuh selama satu atau dua hari dalam satu minggu atau nama lainnya eat-to-eat.

2

Puasa 16 jam sehari.

Disebut dengan metode 16:8 dengan waktu makan pada 8 jam. Pria puasa selama 16 jam, sedangkan wanita 14 jam sehari.

3

Puasa 2 hari dalam satu minggu.

Disebut dengan metode 5:2, mengonsumsi makan sehat dengan porsi standar selama lima hari, lalu mengurangi asupan kalori selama dua hari.

4

Puasa alternatif.

Metode puasa setiap hari tanpa makanan padat atau maksimal 500 kalori untuk satu hari.



Tutorial Intermittent Fasting

Karin Nielsen-Saines



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