

Intermittent Fasting by Age Chart

INTERMITTENT FASTING BY AGE CHART

Age Group: 18-25, Fasting Window: 14 hours, Eating Window: 10 hours. Notes: Young adults may have more flexibility with fasting due to higher metabolic rates. Monitor energy levels and nutritional intake.

Age Group: 26-35, Fasting Window: 12-14 hours, Eating Window: 10-12 hours. Notes: This age group may begin to see metabolism slowing. A moderate approach is recommended to balance lifestyle and metabolic needs.

Age Group: 36-45, Fasting Window: 12 hours, Eating Window: 12 hours. Notes: Metabolic steadiness sets in. A 12:12 approach can maintain weight and health without overtaxing the body.

Age Group: 46-55, Fasting Window: 10-12 hours, Eating Window: 12-14 hours. Notes: Hormonal changes may affect metabolism. Shorter fasting windows are advised, with a focus on nutrient-dense foods during eating periods.

Age Group: 56-65, Fasting Window: 10 hours, Eating Window: 14 hours. Notes: Consideration for age-related metabolic slowing and health issues. Emphasis on a balanced diet with adequate protein.

Age Group: 65+, Fasting Window: 8-10 hours, Eating Window: 14-16 hours. Notes: Shorter fasting windows to support energy needs. Ensure adequate hydration and a diet rich in fiber, vitamins, and minerals.

Individual Assessment: Always tailor fasting regimens to individual health status, pre-existing conditions, and lifestyle. Medical Supervision: Patients with chronic health conditions or those taking medications should only undertake intermittent fasting under medical supervision. Nutritional Adequacy: Ensure that all eating windows provide a balanced intake of macronutrients and micronutrients to support overall health.

Doctor's Signature

Name: _____

Date: _____ dd / mm / yyyy