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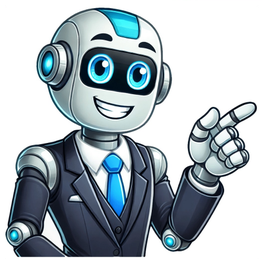

Whole30 brasil site oficial

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Durante 30 dias, os participantes eliminam alimentos que podem causar inflamação, problemas digestivos e desejos por açúcar. O foco está em consumir alimentos integrais, como frutas, vegetais, proteínas magras e gorduras saudáveis, promovendo uma dieta limpa e nutritiva. Princípios do Whole30 Os princípios do Whole30 são baseados na eliminação de grupos alimentares que muitas vezes são considerados problemáticos. Isso inclui açúcar, grãos, laticínios, leguminosas e aditivos alimentares. A ideia é que, ao eliminar esses alimentos por um mês, os participantes possam identificar quais deles afetam negativamente seu corpo e bem-estar. Benefícios do Whole30 Os benefícios do Whole30 vão além da perda de peso. Muitos participantes relatam melhorias na energia, sono, humor e digestão. Além disso, o programa pode ajudar a reduzir a inflamação e a melhorar a saúde da pele. A experiência Whole30 também incentiva a conscientização sobre os hábitos alimentares e promove uma abordagem mais saudável em relação à comida. Alimentos Permitidos no Whole30 No programa Whole30, os alimentos permitidos incluem carnes, peixes, ovos, vegetais, frutas, nozes e sementes. Esses alimentos são ricos em nutrientes e ajudam a manter a saciedade. A ênfase está em escolher opções frescas e não processadas, garantindo que a dieta seja equilibrada e nutritiva durante todo o mês. Alimentos Proibidos no Whole30 Os alimentos proibidos no Whole30 são aqueles que podem causar reações adversas no corpo. Isso inclui açúcar, grãos, laticínios, leguminosas e alimentos processados. A ideia é que, ao evitar esses alimentos, os participantes possam observar como seu corpo reage e se sentem após a reintrodução gradual de cada grupo alimentar. Como Funciona o Processo de Reintrodução Após completar os 30 dias, o processo de reintrodução é crucial. Os participantes devem reintroduzir os alimentos eliminados um por um, observando como cada grupo afeta seu corpo. Essa etapa é fundamental para entender quais alimentos são benéficos e quais podem ser prejudiciais, ajudando a personalizar a dieta de acordo com as necessidades individuais. Whole30 e Performance Atlética Para atletas, o Whole30 pode ser uma ferramenta valiosa para otimizar a performance. A dieta rica em alimentos integrais fornece os nutrientes necessários para a recuperação e o desempenho. Além disso, a eliminação de alimentos inflamatórios pode ajudar a reduzir dores e lesões, permitindo que os atletas treinem de forma mais eficaz e consistente. Desafios do Whole30 Embora o Whole30 ofereça muitos benefícios, também apresenta desafios. A eliminação de alimentos comuns pode ser difícil, especialmente em situações sociais. Além disso, a preparação de refeições pode exigir mais tempo e planejamento. No entanto, muitos participantes consideram que os resultados valem o esforço e a dedicação. Whole30 e Saúde Funcional A abordagem do Whole30 está alinhada com os princípios da saúde funcional, que enfatizam a individualidade e a personalização na nutrição. Ao focar em alimentos integrais e eliminar potenciais irritantes, o programa promove uma saúde geral melhorada e um entendimento mais profundo das necessidades nutricionais de cada pessoa. Considerações Finais sobre o Whole30 O Whole30 é mais do que uma simples dieta; é uma jornada de autoconhecimento e transformação. Ao seguir este programa, os participantes têm a oportunidade de reavaliar seus hábitos alimentares e fazer escolhas mais saudáveis a longo prazo. A experiência Whole30 pode ser um passo significativo em direção a uma vida mais saudável e equilibrada. Save these to your computer, print them out for your fridge, or share them to your social media feed. The official rules of the Original Whole30® Program, exactly as they appear on the website. Download Use the Original Whole30 Meal Template for a few weeks until you can accurately interpret the signals your body is sending you. These guidelines provide a good starting point for meal timing and portion size. After that, it’s up to you to adjust based on hunger, energy, mood, and athletic performance. Download The official rules of the Plant-Based Whole30® Program, exactly as they appear on the website. Download Use this carefully designed Plant-Based Whole30 Meal Template for a few weeks until you can accurately interpret the signals your body is sending you. These guidelines provide a good starting point for meal timing and portion size. After that, it’s up to you to adjust based on hunger, energy, mood, and athletic performance. Download Track all the ways the Whole30 program has improved your life—no scale needed! The Whole30 Non-Scale Victories (NSV) checklist includes a variety of personal achievements and improvements experienced during the program. This includes enhanced energy levels, better sleep quality, reduced cravings, clearer skin, and a healthier relationship with food. Download The Whole30 Mindset checklist, developed by Whole30 co-founder and CEO Melissa Urban, aims to foster a positive mental outlook throughout the Whole30 program. It encourages mindfulness, self-reflection, resilience, and a commitment to embracing the transformative journey. This checklist is intended for mobile device use. Download The Whole30 Mindset checklist, developed by Whole30 co-founder and CEO Melissa Urban, aims to foster a positive mental outlook throughout the Whole30 program. It encourages mindfulness, self-reflection, resilience, and a commitment to embracing the transformative journey. This checklist is intended for desktop use. Download Hatch Chile offers the bold flavor of the Southwest with HATCH branded green chiles, jalapenos, organic salsas, and more. Paleo soups and chili made with all the good stuff—featuring pastured meats, bone broths, and organic veggies. Quality you can savor. Save 15% with code “WHOLE30”. A huge variety of Whole30 dressings, dips, marinades, pantry staples and mayonnaise. Uncompromisingly delicious & made with real ingredients. Many items Plant Based. 15% off entire order with code 15OFFWHOLE30 All-purpose MSG-free and gluten-free seasonings and breadless breadings. At Healthy Rican, we're on a mission to bring the tasty culture-rich flavors of Latin and Puerto Rican cuisine to kitchens everywhere, while promoting a healthier lifestyle. Born from a deep love for our cultural heritage and a commitment to wellness, Healthy Rican offers an exciting line of all-natural seasonings crafted with the finest ingredients nature has to offer. Vessel Kitchen, a Utah-based fast-casual eatery, provides customizable dishes that help you maintain a balanced diet. Serving scratch-made, seasonal meals quickly and affordably, our dishes cater to all tastes, including vegan, vegetarian, and Whole30, across 7 locations. Amylu Foods offers a variety of delicious chicken sausages, chicken burgers and chicken meatballs. Our artisanal flavor profiles are crafted with high quality ingredients, antibiotic free chicken and never any nitrates, nitrites, or additives. Our 100% grass-fed & finished cattle live and eat as nature meant them to—only on well-managed pastures, and never on a feedlot. Made with only a handful of clean ingredients. Whole30 Approved meals available for pick up and delivery. Currently serving the Bowling Green, Kentucky and surrounding areas. We’re Different. And Proud Of It. At Pre Brands, we’re a meat brand built around a shared commitment to doing things as nature intended, delivering healthy and sustainable food that tastes delicious every time. Founded by NYT 3x best-selling author and chef, Alex Snodgrass, SideDish offers a multi-purpose dressing collection that makes cooking easier, healthier and more delicious. Made with avocado oil and free from seed-oils, dairy, gluten, and added sugars. Use code WHOLE30 for 15% OFF your first order! Floritza’s Flavor brings the bold, vibrant essence of Dominican cooking to your table with clean, culturally inspired spice blends. Rooted in tradition, our products make healthy, flavorful cooking simple and accessible for all. Experience the flavor of equity in every dish! 10 varieties of Grass-fed, organic, non-GMO ghee products. Handmade by a 5th generation ghee-maker. 100% gluten, grain, refined-sugar free, dairy free fast-casual restaurant in Denver. Our mission is to serve mindful mouthfuls from a conscious kitchen with kindness on a plate. Our award-winning Wrapped® Cashews retain their natural skins, giving twice the fiber and antioxidative activity comparable to blueberries - plus the most delicious taste & crunch! Bella Del Sol is the better-for-you organic high heat cooking oil, rich in high oleic monounsaturated fats. Expeller-pressed and free from chemicals, it's inspired by nature's goodness for everyday cooking, perfect for foodies, chefs, and families looking for healthy, delicious meals! True Made Foods creates delicious and veggie-loaded BBQ Sauces, Ketchup, and Sriracha with no added sugar using innovative ideas and practices to preserve and bring back traditional, healthier forms of cooking. Grass-fed and free-range meats from family farmers, including the first-ever Whole30 Approved sugar-free bacon. The next 30 days can change your tastes, habits, and cravings. It can change the emotional relationship you have with food and your body. It has the potential to change the way you eat, feel, and live for the rest of your life, as it has for millions of people since 2009. The psychological and emotional benefits of the Whole30 are profound. Imagine life without uncontrollable cravings. Imagine no longer automatically turning to food to numb, distract, or evade your feelings. Imagine having new, healthy tools to effectively navigate anxiety, stress, or discomfort. Imagine finally feeling free of the scale and the mirror. Dieta ou desafio? A Whole 30 é um programa que ficou bem famoso na internet: durante 30 dias que exige uma mudança radical na alimentação, reduzindo açúcares, álcool e industrializados, mas não só isso. "É uma dieta muito restritiva, sem embasamento científico, cortando inclusive o consumo de fibras e leguminosas, que são saudáveis", considera Andrea Pereira, médica nutróloga nos Ambulatórios de Obesidade, Síndrome Metabólica e Cirurgia Bariátrica da Unifesp (Universidade Federal de São Paulo). Imagem: Arte/UOL E talvez em tão pouco tempo não dê para ter uma perda de peso tão eficaz. "Essa dieta portanto não tem como objetivo a perda de peso e conseguir completar os 30 dias é um grande desafio", considera o nutrólogo Guilherme Giorelli, diretor do SMEERJ (Sociedade de Medicina Esportiva e do Exercício do Rio de Janeiro) e jurado do Ranking das Dietas do VivaBem.Por isso, a dieta ficou em 18º entre as 26 dietas avaliadas pelo Ranking 2020. Entenda melhor o método a seguir: O programa foi inspirado na dieta paleolítica, que leva o organismo de volta praticamente às cavernas. Durante um mês, o indivíduo elimina uma série de alimentos do cardápio, além de não poder fumar ou beber.Massas, doces e farinhas são proibidos na dieta, que não permite ainda lácteos e frituras. Tudo que teria potencial inflamatório, alergênico ou causar intolerância alimentar é cortado. Até as leguminosas como o feijão não devem ser ingeridas neste plano, pois contém fitato, molécula que pode prejudicar a absorção de nutrientes.Durante os 30 dias de restrição, é proibido se pesar. A ideia é não focar no emagrecimento, mas sim no estilo de vida. A perda de peso deve ser consequência. O comportamento é importante, pois a dieta exige 100% de comprometimento, sem "dia do lixo" ou escapadas aos sábados e domingos.Alimentos permitidos e proibidos na Whole 30 Imagem: iStock A dieta não propõe um número máximo de calorias ou uma quantidade pré-determinada de refeições. A ideia é comer quando a fome bate, de acordo com a lista de alimentos permitidos, e quanto mais natural for o prato, melhor. Os liberados são: carnes, frutos do mar, ovos, vegetais, frutas em pequena quantidade e gorduras naturais. Sucos de fruta sem açúcar também podem ser consumidos com moderação, além de vinagre, coco, abacate.As únicas fontes de carboidratos permitidas são as raízes como batata, beterraba e mandioquinha. Entre os proibidos, qualquer tipo de açúcar, entre eles o mel, álcool, milho, trigo, arroz, quinoa, amaranto, aveia e outros grãos. Amendoim, feijão e soja também não entram. Leite e seus derivados, como manteiga, queijo e iogurte, não são permitidos, com exceção da manteiga ghee ou clarificada, que não contém lactose.Cortar tudo isso de uma vez é difícil. Caso haja alguma "escapada", a ideia é voltar para o início e começar a contar os 30 dias novamente. Ah, e um mês é a duração máxima da dieta mesmo, pois acima disso podem haver deficiências nutricionais pela falta de alimentos importantes para a saúde, como os cereais e leguminosas.A Whole 30 é segura? Ela até é segura, o problema é que foi banalizada como algo que pode ser feito por todos, quando na verdade, por ser uma dieta restritiva, precisa de acompanhamento profissional. Quem já tem uma compulsão alimentar pode piorar sua relação com a comida, e portadores de diabetes e hipertensão muitas vezes precisam fazer ajustes de medicamento por conta das mudanças metabólicas promovidas pela falta de glicose.Fora que o excesso de proteínas —que são uma das bases do Whole 30 - pode também causar efeitos negativos para o organismo. Comer carne vermelha mais de três vezes na semana está associado com um aumento do risco de inflamações pelo corpo, que é justamente o que a dieta tenta diminuir.Whole 30 emagrece? Imagem: iStock A dieta promove a perda de peso. Só que, como explicamos acima, a restrição é muito severa, e pode acarretar em riscos para a saúde e até atrapalhar o próprio emagrecimento saudável. Os estudos mostram que assim que você tira as restrições a compulsão por açúcar volta em dobro, e o peso também. Só vale apostar no Whole 30 se o propósito de se reeducar permanecer quando o período acabar.O Whole 30 se popularizou, mas não leva em conta as individualidades de cada um, deve ser encarado apenas como uma abertura para uma vida mais equilibrada. O ideal é condicionar a dieta de acordo com o que for melhor para você. Ou seja, converse com um profissional de saúde antes de escolher esse plano alimentar —ou qualquer outro — para perder peso.Reportagem: Chloé PinheiroFontes: Renato Zilli, endocrinologista do Hospital Sírio Libanês; Sérgio Maia, médico nutrólogo da Clínica Mais Excelência Médica; Maria Flávia Sgavioli, nutricionista da Estima Nutrição. O Whole30 é um programa de alimentação que dura 30 dias e tem como objetivo ajudar as pessoas a reprogramarem suas relações com a comida. Durante esse período, os participantes eliminam alimentos considerados inflamatórios e potencialmente prejudiciais, como açúcar, grãos, laticínios e leguminosas. A proposta é que, ao final do mês, os indivíduos possam reintroduzir esses alimentos de forma consciente e observar como cada um afeta seu corpo. Princípios Básicos do Whole30 Os princípios do Whole30 são baseados na ideia de que certos alimentos podem causar reações adversas no organismo, como inflamação, ganho de peso e problemas digestivos. O programa enfatiza o consumo de alimentos integrais, como carnes, peixes, ovos, vegetais, frutas e nozes. A filosofia por trás do Whole30 é que, ao eliminar esses alimentos por um mês, os participantes podem identificar quais deles são problemáticos para sua saúde e bem-estar. Alimentos Permitidos no Whole30 No Whole30, os alimentos permitidos incluem carnes magras, peixes, ovos, vegetais frescos, frutas, nozes e sementes. É fundamental que os participantes escolham alimentos não processados e que evitem qualquer tipo de açúcar, adoçantes artificiais e produtos industrializados. A ideia é focar em uma alimentação limpa e nutritiva, que forneça todos os nutrientes necessários para o corpo funcionar de maneira ideal. Alimentos Proibidos no Whole30 Durante o programa Whole30, é estritamente proibido consumir açúcar, grãos, laticínios, leguminosas, álcool e alimentos processados. Esses itens são eliminados para ajudar os participantes a entenderem como esses alimentos afetam sua saúde. A restrição é uma parte crucial do processo, pois permite que o corpo se desintoxique e se recupere de hábitos alimentares prejudiciais. Benefícios do Whole30 Os benefícios do Whole30 vão além da perda de peso. Muitos participantes relatam melhorias na digestão, aumento de energia, melhor qualidade do sono e redução de sintomas de doenças autoimunes. Além disso, o programa pode ajudar a quebrar ciclos de compulsão alimentar e promover uma relação mais saudável com a comida. O foco em alimentos integrais também contribui para uma nutrição mais equilibrada. Desafios do Whole30 Embora o Whole30 ofereça muitos benefícios, também apresenta desafios. A eliminação de grupos alimentares inteiros pode ser difícil, especialmente para aqueles que estão acostumados a consumir alimentos processados e açucarados. Além disso, a preparação de refeições pode exigir mais tempo e planejamento. É importante que os participantes estejam cientes desses desafios e se preparem adequadamente para superá-los. Reintrodução de Alimentos Após os 30 dias, a reintrodução de alimentos é uma etapa crucial do Whole30. Os participantes devem reintroduzir um grupo alimentar de cada vez, observando como seu corpo reage a cada um deles. Essa fase é essencial para identificar quais alimentos podem causar desconforto ou reações adversas. A reintrodução deve ser feita de forma gradual e consciente, permitindo que os participantes aprendam sobre suas próprias necessidades alimentares. Whole30 e Saúde Mental O Whole30 não se limita apenas à saúde física; ele também pode ter um impacto positivo na saúde mental. Muitos participantes relatam uma maior clareza mental e redução da ansiedade após seguir o programa. A prática de uma alimentação consciente e a eliminação de alimentos que podem afetar o humor contribuem para um estado mental mais equilibrado. A conexão entre alimentação e saúde mental é um aspecto importante a ser considerado. Whole30 e Atividade Física Embora o foco do Whole30 seja a alimentação, a atividade física também desempenha um papel importante na saúde geral. Durante o programa, é recomendado que os participantes mantenham uma rotina de exercícios que se adapte ao seu nível de energia e condicionamento físico. A combinação de uma alimentação saudável com exercícios regulares pode potencializar os resultados e promover um estilo de vida mais equilibrado. Considerações Finais sobre o Whole30 O Whole30 é mais do que uma simples dieta; é um estilo de vida que promove a conscientização sobre a alimentação e a saúde. Para aqueles que desejam experimentar o programa, é fundamental estar preparado para os desafios e comprometido com o processo. Com a abordagem certa, o Whole30 pode ser uma ferramenta poderosa para transformar a relação com a comida e melhorar a saúde geral. If you are comfortable eating two animal protein sources (like eggs and salmon, or all varieties of fish and shellfish), we’d encourage you to complete the Original Whole30, utilizing compatible plant-based protein sources (like a pea-based vegan “chorizo” or protein powder) to ensure adequate protein intake. The Original program will afford you the greatest learning opportunity, and the ability to test out a wider variety of plant-based protein sources (including legumes, lentils, soy, and peanuts) to determine how well they work for you. Feel free to consume only plant-based fats during your Original Whole30, as there are plenty to choose from. If you don’t eat any animal products and are not open to doing so, or if you’ve done the Original Whole30 and are curious about how a plant-based diet might work for you by comparison, then the Plant-Based Whole30 would provide the best fit. You know how good it feels to make positive changes—that’s why you came to the Whole30 in the first place. We’ve never been afraid of change, especially when it means improving the Whole30 for you, our community. The program has evolved with new research and scientific insights. Our voice has also grown so that we include and welcome anyone who wants to be part of the Whole30. Now, we’ve upgraded our entire website to better serve you and anyone who wants to transform their health, habits, and relationship with food. Our reimagined, reorganized, and refreshed website represents over a year of hard work, research, and community feedback. The result is a beautiful new site that makes it even easier for you to succeed with the Whole30—whether that’s discovering delicious new recipes, finding the resources you need, and reading the latest insights from Melissa Urban and Whole30 HQ. We’ve gathered a list to highlight some of the features we like best—and hope you will, too. So join us on a quick tour of the new Whole30.com! A variety of new colors complement our Original Whole30 blue and Plant-Based green, and a fresh approach to photos and imagery better represents the diverse Whole30 community. This feast for your eyes also showcases our delicious food and recipes even more than before. The new Whole30.com makes it easy to find what you need from our vast library of resources and content. Click through our simplified menus on our regular and mobile site so you can access everything you need at your fingertips. This comes in handy for all of you visiting us from your phones. You’ll see that the overall site search is more robust and accurate. Sections like recipes, articles, Whole30 success stories, and more are now searchable and come with simple filtering to help you find exactly what you need. The redesigned “Can I Have?” sections for the Original and Plant-Based programs have a new search function to easily deliver the answers you need. A streamlined design also shortens your scroll when you’re trying to find out if green beans are compatible. (They are!) We love helping you on your Whole30 journey. So we’ve woven that supportive ethos into the new site by adding robust FAQs to multiple pages. Now you can more easily find actionable answers in real time by searching the FAQs. You now have an optimized recipe search and easy-to-use browsing features. You might also notice streamlined recipe categorizations, and a refreshed look to recipe pages, all of which make cooking a recipe from our site a snap. Whole30 recipes are one of the most popular features on the site—so we put extra attention into making this section of the site as user-friendly as possible. Whole30 success stories are a celebration of you. And the new Whole30.com puts you, our community and the true heart of Whole30, front and center. You’ll find more Whole30 success stories throughout the site, and be able to search for the stories that resonate with or inspire you the most. The Whole30 evolves and responds to the changing needs of the community. You’ll notice a shift in the way we talk about the program, the tone of the writing, and some of the specific language we use. What you read across the site today reflects Melissa Urban’s approach to writing The New Whole30 (coming out August 6, 2024!). This is part of the growth Melissa talks about, and a way to make the program as accessible and welcoming to as many people as possible. You came here to change your life with our program. And the new Whole30.com brings help directly to your digital device with a central location for all the resources you need to succeed on your journey. Find articles, books, downloads, videos, FAQs, and a one-stop shop for products to make your Whole30 as smooth, enjoyable, and insightful as possible. Everything we do at Whole30 starts with our community—every recipe we share, every resource we create, every book we write all starts with you. Every decision we made while redesigning the site was intended to make your Whole30 journey more comfortable, more effective, and more successful. We hope you find our remodeled digital home a welcoming, supportive, and user-friendly place to change your health, your habits, and your relationship with food. 30-day elimination fad diet The Whole30 is a 30-day elimination[1] fad diet[2] that emphasizes whole foods and the elimination of sugar, alcohol, grain, and dairy.[3][4] The traditional Whole30 also eliminates legumes and soy, while a plant-based version of the Whole30 allows consumption of those food groups. The traditional Whole30 is similar to but more restrictive than the paleo diet, as adherents may not eat natural sweeteners like honey or maple syrup.[5] There is no scientific evidence to support health claims made by Whole30 and limited independent research has been conducted on the diet.[2][3] Foods allowed during the traditional Whole30 program include meat, nuts, seeds, seafood, eggs, vegetables, and fruits. During the Whole30, participants are advised not to count calories or to weigh themselves.[5] After the program is complete, participants are counseled to strategically reintroduce foods outside the endorsed Whole30 list, document the health consequences and culinary value of these additions, and determine whether the addition is desired.[6] The program's founders believe that sugar, grains, dairy, alcohol, and legumes may affect weight, energy, and stress levels.[7] Losing weight is not a focus of Whole30; calorie-counting and weigh-ins are not allowed.[5] The program was created by then wife and husband Melissa (Hartwig) Urban and Dallas Hartwig in April 2009.[8][9] They both became certified sports nutritionists; he worked as a physical therapist, and she was working at an insurance company during the day and doing nutritional consulting in her spare time. She quit her job to run the Whole30 business in 2010.[10] They co-authored It Starts with Food (2012) and The Whole30: The 30-Day Guide to Total Health and Food Freedom (2015).[11] They separated in 2015.[12] Melissa (Hartwig) Urban took over the business,[10] and published Food Freedom Forever: Letting Go of Bad Habits, Guilt, and Anxiety Around Food in 2016.[13] In July 2016, a New York Times article on use of Instagram by dieters noted that participants in the Whole30 program had shared over one million Instagram posts using the #Whole30 hashtag, and noted that those sharing the tag were "one of seemingly endless like-minded communities," comparing it with the over 3.5 million posts under the #WeightWatchers hashtag.[14] As of 2018, the "Whole30" trademark had been licensed to Applegate, Blue Apron, Whole Foods Market, Snap Kitchen, and Thrive Market.[10] No studies that specifically look into the health impacts of the Whole30 had been conducted as of 2019.[15] While most dietitians generally agree with the program's emphasis on proteins, vegetables and unprocessed foods and the avoidance of added sugars and alcohol, some also view the diet as too extreme.[5][8] The diet ranked last among 38 popular diets evaluated by U.S. News & World Report in its 2016 Best Diets Rankings; one of the raters, dietitian Meridan Zerner said: "We want behavioral changes and dietary changes that are slow and progressive and meaningful."[5] David L. Katz said of the diet: "The grouping [of banned foods] is both random, and rather bizarre from a nutrition perspective. If the idea is good nutrition, cutting out whole grains and legumes is at odds with a boatload of evidence."[16] It was selected as one of the worst health trends for 2013 by Health magazine.[17] In 2017, the diet was ranked last (out of 38 diets) by U.S. News & World Report on account of its extremely restrictive nature and likely adverse effects on a dieter's social life.[2] In 2018, the Whole30 was ranked 37th out of 40 by U.S. News & World Report,[18] and in 2019, it was ranked 38th out of 41.[19] ^ Lehmann, Carolin (January 10, 2022). "The top 10 best-selling health, fitness and dieting books on Amazon". www.cbsnews.com. CBS News. ^ a b c Rachel Hosie (5 January 2017). "Whole30 is ranked the worst fad diet, health experts reveal — The restrictive plan has been ranked the worst out of 38 diets". The Independent. Archived from the original on 10 April 2019. 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Intermittent fasting is any of various meal timing schedules that cycle between voluntary fasting (or reduced calorie intake) and non-fasting over a given period.[1][2] Methods of intermittent fasting include alternate-day fasting,[3] periodic fasting, such as the 5:2 diet, and daily time-restricted eating.[1][4] Intermittent fasting has been studied to find whether it can reduce the risk of diet-related diseases, such as metabolic syndrome.[1][5][6][7] A 2019 review concluded that intermittent fasting may help with obesity, insulin resistance, dyslipidemia, hypertension, and inflammation.[1] There is preliminary evidence that intermittent fasting is generally safe.[8] Adverse effects of intermittent fasting have not been comprehensively studied, leading some academics to point out its risk as a dietary fad.[9] The US National Institute on Aging states that there is insufficient evidence to recommend intermittent fasting, and encourages speaking to one's healthcare provider about the benefits and risks before making any significant changes to one's eating pattern.[10] Fasting exists in various religious practices, including Buddhism, Christianity, Hinduism, Islam, Jainism, and Judaism.[2][11][12] Fasting is an ancient tradition, having been practiced by many cultures and religions over centuries.[9][13][14] Therapeutic intermittent fasts for the treatment of obesity have been investigated since at least 1915, with a renewed interest in the medical community in the 1960s after Bloom and his colleagues published an "enthusiastic report".[15] Intermittent fasts, or "short-term starvation periods", ranged from 1 to 14 days in these early studies.[16] This enthusiasm penetrated lay magazines, which prompted researchers and clinicians to caution about the use of intermittent fasts without medical monitoring.[17] Intermittent fasting calendar for 1 week, alternating feasting days (green), in which the person eats a normal diet, with fasting days (red), in which the person performs intermittent fasting There are multiple methods of intermittent fasting.[1][2][4][18][19] Time-restricted eating involves eating only during a certain number of hours each day, often establishing a consistent daily pattern of caloric intake within an 8–12-hour time window. This schedule may align food intake with circadian rhythms (establishing eating windows that begin after sunrise and end around sunset).[20][21] One meal a day fasting is having just one meal a day, and not having anything for the rest of the day. Alternate-day fasting involves alternating between a 24-hour "fast day" when the person eats less than 25% of usual energy needs, followed by a 24-hour non-fasting "feast day" period.[4][8][19] There are two subtypes:[9][22] Complete alternate-day fasting is total intermittent energy restriction (IER vs. CER = continuous energy restriction), where no calories are consumed on fasting days. Modified alternate-day fasting involves partial intermittent energy restriction which allows the consumption of up to 25% of daily calorie needs on fasting days instead of complete fasting. This is akin to alternating days with normal eating and days with a very-low-calorie diet.[23] 5:2 diet is a type of periodic fasting (that does not follow a particular food pattern) which focuses entirely on calorie content.[1] In other words, two days of the week are devoted to consumption of approximately 500 to 600 calories, or about 25% of regular daily caloric intake, with normal calorie intake during the other five days of the week. It was first documented in a 2011 article co-authored by Michelle Harvie, Mark Mattson, and 14 additional scientists.[24][25] It was later published in the UK and Australia by Michael Mosley through the 2012 BBC documentary Eat, Fast and Live Longer (where he learned about the 5:2 diet from Mark Mattson).[25][26] It also became common in Australia.[27][28][29] Periodic fasting or whole-day fasting involves intermittent periods of water fasting longer than 24 hours.[1][22][30] The science concerning intermittent fasting is preliminary and uncertain due to an absence of studies on its long-term effects.[1][10][31][32] Preliminary evidence indicates that intermittent fasting may be effective for weight loss, may decrease insulin resistance and fasting insulin, and may improve cardiovascular and metabolic health, although the long term sustainability of these effects has not been studied.[1] There is limited evidence that intermittent fasting produces weight loss comparable to a calorie-restricted diet.[5][6][33][34] Most studies on intermittent fasting in humans have observed weight loss, ranging from 2.5% to 9.9%.[35][36] The reductions in body weight can be attributed to the loss of fat mass and some lean mass.[37][38] For time restricted eating the ratio of weight loss is 4:1 for fat mass to lean mass, respectively.[8][19] Alternate-day fasting does not affect lean body mass,[4][39] although one review found a small decrease.[40] Alternate-day fasting improves cardiovascular and metabolic biomarkers similarly to a calorie restriction diet in people who are overweight, obese or have metabolic syndrome.[5][7][30][41] As of 2021, it remains uncertain whether intermittent fasting could prevent cardiovascular disease.[42] Intermittent fasting has not been studied in children, elderly, or underweight people, and may be harmful in these populations.[5][7][10][43] Intermittent fasting is not recommended for people who are not overweight, and the long-term sustainability of intermittent fasting is unknown as of 2018[update].[10][44] A 2021 review found that moderate alternate-day fasting for two to six months was associated with reductions of body weight, body mass index, and cardiometabolic risk factors in overweight or obese adults.[45] Intermittent fasting is not recommended to treat cancer in France,[46][47] the United Kingdom,[48] or the United States,[49] although a few small-scale clinical studies suggest that it may reduce chemotherapy side effects.[50][51] Periodic fasting may have a minor effect on chronic pain and mood disorders.[52][53][54] Athletic performance does not benefit from intermittent fasting.[55] Overnight fasting before exercise increases lipolysis, but reduces performance in prolonged exercise (more than 60 min).[56][57] There is preliminary evidence that intermittent fasting appears safe for people without diabetes or eating disorders.[8] Reviews of preliminary clinical studies found that short-term intermittent fasting may produce minor side effects, such as continuous feelings of hunger, irritability, dizziness, nausea, headaches, and impaired thinking, although these effects disappear within a month from beginning the fasting practice.[58][59] A 2018 systematic review found no major adverse effects.[5] Intermittent fasting is not recommended for pregnant or breastfeeding women, growing children and adolescents, the elderly, or individuals with or vulnerable to eating disorders.[18] Tolerance of a diet is a determinant of the potential effectiveness and maintenance of benefits obtained, such as weight loss or biomarker improvement.[34] A 2019 review found that drop-out rates varied widely from 2% to 38% for intermittent fasting, and from 0% to 50% for calorie restriction diet.[5] Preliminary research indicates that fasting may induce a transition through four states: The fed state or absorptive state during satiety, when the primary fuel source is glucose and body fat storage is active, lasting for about 4 hours;[60][61] The postabsorptive state, lasting for up to 18 hours, when glucagon is secreted and the body uses liver glucose reserves as a fuel source;[4][62][60] The fasted state, transitioning progressively to other reserves, such as fat, lactic acid, and alanine, as fuel sources, when the liver glucose reserves are depleted, occurring after 12 to 36 hours of continued fast;[61][63][64] The shift from preferential lipid synthesis and fat storage, to the mobilization of fat (in the form of free fatty acids), metabolized into fatty acid-derived ketones to provide energy.[61][65][66] Some authors call this transition the "metabolic switch".[1][62][67] A 2019 review of weight-change interventions, including alternate day fasting, time-restricted feeding, exercise and overeating, found that body weight homeostasis could not precisely correct "energetic errors" – the loss or gain of calories – in the short-term.[68] Another pathway for effects of meal timing on metabolism lies in the influence of the circadian rhythm over the endocrine system, especially on glucose metabolism and leptin.[69] Preliminary studies found that eating when melatonin is secreted – during darkness and commonly when sleeping at night – is associated with increased glucose levels in young healthy adults, and obesity and cardiovascular disorders in less healthy individuals.[70] Reviews on obesity prevention concluded that "meal timing appears as a new potential target in weight control strategies" and suggest that "timing and content of food intake, physical activity, and sleep may be modulated to counteract" circadian and metabolic genetic predispositions to obesity.[71][72] Other feeding schemes, such as hypocaloric feeding[73] and intermittent feeding, also called bolus feeding were under study.[74] A 2019 meta-analysis found that intermittent feeding may be more beneficial for premature infants, although better designed studies are required to devise clinical practices.[75] In adults, reviews have not found intermittent feeding to increase glucose variability or gastrointestinal intolerance.[76][77] A meta-analysis found intermittent feeding had no influence on gastric residual volumes and aspiration, pneumonia, mortality nor morbidity in people with a trauma, but increased the risk of diarrhea.[74][77] Intermittent fasting, or "skip-a-day" feeding, is supposedly the most common feeding strategy for poultry in broiler breeder farms worldwide, as an alternative to adding bulky fibers to the diet to reduce growth. It is perceived as welfare-reducing and thus illegal in several European countries including Sweden. Intermittent fasting in poultry appears to increase food consumption but reduce appetitive behaviors such as foraging.[78] Main article: Fasting in religion Some different types of fastings exist in some religious practices.[2][11] These include the Black Fast of Christianity (commonly practiced during Lent), Vrata (Hinduism), Ramadan (Islam), Yom Kippur (Judaism), Fast Sunday (The Church of Jesus Christ of Latter-day Saints), Jain fasting, and Buddhist fasting.[2][11][12] Religious fasting practices may only require abstinence from certain foods or last for a short period of time and cause negligible effects.[11] A Vrata/Nombu is observed either as an independent private ritual at a date of one's choice, as part of a particular ceremony such as wedding, or as a part of a major festival such as Diwali (Lakshmi, festival of lights), Shivaratri (Shiva), Navratri (Durga or Rama), Kandasashti (Muruga), Ekadashi (Krishna, Vishnu avatars).[79][80][81][82] In Christianity, many adherents of Christian denominations including Catholics,

"Nutrition and longevity - From mechanisms to uncertainties". Critical Reviews in Food Science and Nutrition (Review). 60 (18): 3063–3082. doi:10.1080/10408398.2019.1676698. PMID 31631676. S2CID 204815279. ^ Stockman MC, Thomas D, Burke J, Apovian CM (June 2018). "Intermittent Fasting: Is the Wait Worth the Weight?". Current Obesity Reports (Review). 7 (2): 172–185. doi:10.1007/s13679-018-0308-9. PMC 5959807. PMID 29700718. Nearly all IF studies have resulted in some degree of weight loss, ranging from 2.5–9.9%, and associated fat mass loss. ^ Fanti M, Mishra A, Longo VD, Brandhorst S (29 January 2021). "Time-Restricted Eating, Intermittent Fasting, and Fasting-Mimicking Diets in Weight Loss". Current Obesity Reports. 10 (2): 70–80. doi:10.1007/s13679-021-00424-2. ISSN 2162-4968. PMID 33512641. S2CID 231747084. ^ Gabel K, Cienfuegos S, Kalam F, Ezpeleta M, Varady KA (26 March 2021). "Time-Restricted Eating to Improve Cardiovascular Health". 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Poster campaign by the National Institutes of Health 5 A Day is any of various national campaigns in developed countries such as the United States, the United Kingdom, France, and Germany, to encourage the consumption of at least five portions of 80 g of fruit and vegetables each day, following a recommendation by the World Health Organization that individuals consume "a minimum of 400g of fruit and vegetables per day (excluding potatoes and other starchy tubers)."[1] A meta-analysis of the many studies of this issue was published in 2017 and found that consumption of double the minimum recommendation – 800g or ten a day – provided an increased protection against all forms of mortality.[2][3] In some places, people are being encouraged to aim for not just five portions a day, but seven. The examples and perspective in this section deal primarily with the United States and do not represent a worldwide view of the subject. You may improve this section, discuss the issue on the talk page, or create a new section, as appropriate. (January 2021) (Learn how and when to remove this message) Eating fruit and vegetables improves health and well being. Increasing vegetable intake to this desired level has a variety of major and minor health benefits. Benefits include reduction in the risk of many types of cancer, hypertension, heart disease, stroke, and diabetes.[4] The National Cancer Institute provided research for the program, while the Produce for Better Health Foundation implemented the program into the food service industry.[5] Go for 2 & 5 is the equivalent campaign in Australia, in which adults are said to need to eat at least two servings of fruit and five servings of vegetables each day.[6] A "standard serving of fruit" is 150 grams of fresh fruit, whereas a "standard serve of vegetables" is 75 grams.[7] In Canada, the Canadian Produce Marketing Association (CPMA), the Heart and Stroke Foundation's Health Check Program, and the Canadian Cancer Society have partnered together to create the Fruits and Veggies — Mix it up! campaign, encouraging Canadian families to eat more healthily. The campaign focuses on easy ways for people to eat healthy wherever and whenever they can.[8] The French PNNS (Programme national nutrition santé, National nutrition health programme) recommends at least five portions of fruit and/or vegetables per day.[9] The 5 am Tag (5 a Day) program operates in Germany.[10] The 5 A Day campaign in Japan is administered by an NPO: 5 A DAY Association-Japan (一般社団法人 ファイブ・ア・デイ協会). The program recommends five servings a day totaling 350 grams of vegetables and 200 grams of fruit.[11] 5 A Day is also known as 5 + A Day in New Zealand. 5 + A Day was founded in New Zealand in 1994 by non-profit United Fresh New Zealand and became a Charitable Trust in 2007.[12] Fem om dagen (five a day) is the Norwegian Directorate for Health recommendation to eat five portions of fruit, berries or vegetables each day.[13] The National Health Service explains a "portion" to be: two or more small-sized, one piece of medium-sized or half a piece of large fresh fruit; or two broccoli spears or four heaped tablespoons of cooked kale, spinach, spring greens or green beans; or three heaped tablespoons of cooked vegetables; or 1.5 sticks of celery, a 5 cm piece of cucumber, one medium tomato or seven cherry tomatoes; or three or more heaped tablespoons of beans or pulses.[14] The programme was introduced by the UK Department of Health in the winter of 2002–2003, and received some adverse media attention because of the high and rising costs of fresh fruit and vegetables. After ten years, research suggested that few people were meeting the target.[15] The campaign has come under criticism from Channel 4 because of government failure to prevent the food industry from claiming that their products constitute part of a five a day despite having added salt, sugar or fat.[16] In April 2014, a study by University College London concluded that '5 a day' was not enough and that a healthy diet should contain 7 or more portions of fruit and vegetables.[17] The 5 a Day program in the United States was originally the National Fruit and Vegetable Program but was rebranded Fruits & Veggies – More Matters in March 2007.[18][19] Food portal Food and Nutrition Service Food groups Food pyramid Fruits & Veggies - More Matters Healthy diet Healthy eating pyramid History of USDA nutrition guides Human nutrition MyPlate MyPyramid ^ WHO | Promoting fruit and vegetable consumption around the world ^ Dagfinn Aune; Edward Giovannucci; Paolo Boffetta; Lars T. 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UK NHS site US CDC site World Health Organization press release Japan 5 A Day Retrieved from " 4 The following pages link to 5 A Day External tools (link count transclusion count sorted list) · See help page for transcluding these entries Showing 50 items. View (previous 50 | next 50) (20 | 50 | 100 | 250 | 500)Buddhist cuisine (links | edit) Cuisine (links | edit) Dieting (links | edit) Fruitarianism (links | edit) Kashrut (links | edit) Macrobiotic diet (links | edit) Potato (links | edit) Veganism (links | edit) Vegetarianism (links | edit) 2000s (links | edit) Junk food (links | edit) Dietary fiber (links | edit) Islamic dietary laws (links | edit) List of diets (links | edit) Human nutrition (links | edit) Dietary supplement (links | edit) Ital (links | edit) Gluten-free, casein-free diet (links | edit) Food pyramid (nutrition) (links | edit) Leptin (links | edit) Paleolithic diet (links | edit) Fad diet (links | edit) Hazel Blears (links | edit) Dietitian (links | edit) Low-carbohydrate diet (links | edit) Mediterranean diet (links | edit) Dried fruit (links | edit) Low-protein diet (links | edit) Diet (nutrition) (links | edit) Raw foodism (links | edit) Gluten-free diet (links | edit) Ketogenic diet (links | edit) Plant-based diet (links | edit) Healthy eating pyramid (links | edit) Vegetarian nutrition (links | edit) Graham Kerr (links | edit) Calorie restriction (links | edit) Therapeutic food (links | edit) SlimFast (links | edit) Healthy diet (links | edit) Polymyalgia rheumatica (links | edit) Entomophagy in humans (links | edit) Reactive hypoglycemia (links | edit) Plumpy'nut (links | edit) Bodybuilding supplement (links | edit) Nothing by mouth (links | edit) Milk substitute (links | edit) The Cambridge Diet (links | edit) Low-fiber/low-residue diet (links | edit) Five a day (redirect page) (links | edit) 5 A Day (transclusion) (links | edit) Talk:Vitamin C megadosage (links | edit) User talk:EdJohnston/Archive 32 (links | edit) Wikipedia talk:WikiProject Articles for creation/Archive 24 (links | edit) View (previous 50 | next 50) (20 | 50 | 100 | 250 | 500) Retrieved from " WhatLinksHere/5_A_Day" Bring bold, Spanish-inspired flavors to your next brunch or breakfast with this Whole30 take on a classic Spanish tortilla. Take your eggs to the next level with this warm, spiced, and deeply satisfying Masala Sweet Potato Hash and Eggs. This beautiful spiced sweet potato hash and eggs is a one-pan meal that brings bold flavors to your breakfast and lunch. Struggling with breakfast boredom? Switch up your Whole30 breakfast routine with these light, but protein-packed, Whole30 Open-Faced Scandinavian-Style Breakfast Stacks from The New Whole30. This Herbed Portobello Baked Egg recipe is a delicious, nutrient-packed way to enjoy breakfast or brunch. This Strawberries and Cream Chia Pudding is thick, creamy, and high in protein thanks to one magical ingredient: silken tofu! This is one protein-packed breakfast! Reinvigorate breakfast with these bold, veggie-loaded Indian-Spiced Scrambled Eggs. Try this Garlic Pulled Pork Breakfast Hash for a delicious and budget-friendly eggless breakfast — with minimal work. 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