

# 5 Cara

## Menerapkan Diet Intermittent Fasting bagi Pemula

1

**Puasa 12 jam sehari.** Lalu, makan secara normal seperti puasa pada umumnya.

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.

5

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



# Tutorial Intermittent Fasting

**L Darling-Hammond**



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