

Australia suggests 5:2 diet as good choice for gestational diabetes

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Globally, one in five pregnancies are affected by gestational diabetes, with these women having a ten-fold risk of developing type 2 diabetes later in life

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Now, new research from the University of South Australia suggests that the popular 5:2 or intermittent fasting diet is just as effective as a conventional energy-restricting diet, enabling women greater choice and flexibility when it comes to weight loss.

The 5:2 diet allows five days of normal eating each week while substantially restricting calories over two days a week, as opposed to a typical diet that requires moderate energy restrictions daily.

"Our research shows that the 5:2 diet is just as effective at achieving weight loss as a continuous energy-restricted diet in women who have had gestational diabetes, which is great, because it provides women with greater choice and control", said the researchers.

The researchers further added, "Of course, women should seek advice from a health professional before commencing this type of diet, to make sure that it is suitable for them."