

Fasting flexi diet presented by CSIRO

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Australia's Commonwealth Scientific and Industrial Research Organisation (CSIRO) has launched a new diet that includes intermittent fasting three days a week. The weight loss program is based on research carried out by CSIRO scientists who found that fasting can be an effective way to lose weight and stay healthy.



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According to the organization, participants in the 16 week trial lost an average of 11kg and saw improvements in cholesterol, insulin, glucose and blood pressure.

Intermittent fasting (and the similar style alternate day fasting) has recently gained scientific and consumer interest. The research combined intermittent fasting with meal replacement shakes and a "Flexi" day where participants had one day a week to enjoy the food or drinks they love. Traditional diets rely on energy to be restricted every day in order to achieve weight loss, which can be difficult for people to maintain long term.

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As dieters progress through the program toward their goals, meal plans can be modified to incorporate more whole foods for a long term approach to weight maintenance.