

INTERMITTENT FASTING LIQUID HACKS

HARD & FAST RULES

For What to Drink While Fasting



Weight Loss Edition

EXERCISE
• WITH STYLE •

Strict Fast

During a strict fast, you're only allowed to drink water. (An exception is if you do a dry fast, a form of strict fasting during which you also abstain from water consumption.)

In other words, you avoid all foods and beverages other than pure water. Thus, no coffee, tea, diet soda, kombucha, bone broth, apple cider vinegar, milk, or lemon water.

Strict fasting is excellent for you if you fast for health and longevity because it stimulates autophagy, the body's way of cleaning out damaged cells to regenerate healthier ones.(1)

Most other types of fasts, however, don't offer that benefit. That's because even a small spike in insulin, which you induce by eating, is enough to impair autophagy.(2)(3)

In addition to fasting for autophagy and longevity, strict fasts are often also used for spiritual, medical, and religious reasons.

Loose Fast

While you shouldn't take in calories during a fast if you want to stimulate autophagy, that consumption is less of a problem if you fast to lose weight. You can consume a small number of calories without hurting fat loss.

The reason is that energy balance determines changes to the number on your scale. And consuming a tiny bit of calories during your fast won't interfere with that.

In fact, by allowing yourself to consume low-calorie drinks like lemon water or water with apple cider vinegar, it may be easier to adhere to your fast and thus to maintain a calorie deficit over the course of the day.

Therefore, if you find it hard to do a strict fast, you may want to do a loose fast if your goal is to lose fat. During such a fast, you can consume up to twenty calories per day.

Basically, you'll be good to go as long as you keep your energy intake during your fast below twenty calories.

This means you should avoid higher-calorie drinks like alcohol, fruit juice, soda, fruit teas, cordial, milk, kombucha, bulletproof coffee, almond milk, bone broth, and so forth.

Beginner Friendly

Can You Consume Artificial and Natural Sweeteners?

It depends on the type of fast you're performing.

You're not supposed to consume sweeteners during a strict fast, even if they're calorie-free. Doing so can alter your metabolism and cause you to miss out on the benefits of autophagy.

But during a loose fast, it's okay to consume sweeteners, although I would recommend you only consume those that are calorie-free. Calorie-free sweeteners don't break your fast because they don't raise insulin levels.(4)(5)(6)(7)

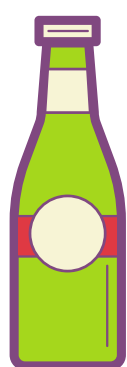
Examples of calorie-free sweeteners are saccharin (Sweet'N Low), acesulfame, aspartame (Equal), neotame, and sucralose (Splenda). You can consume drinks that contain these artificial sweeteners during a fast.

Now, based on the available literature, artificial sweeteners appear to be safe. There are, however, some contradicting studies. So, it's good to keep your intakes within the maximum recommended amounts or avoid artificial sweeteners altogether which is what I recommend.(8)(9)(10)(11)(12)

Stevia is a better natural sweetener. Not only is stevia low in calories, but this sugar substitute is also safe to consume and can benefit glycemic control (no insulin secretion).(13)

Monk Fruit, Xylitol is natural sweeteners and is ok in small amounts during a loose fast.

Most Frequently Questioned Products

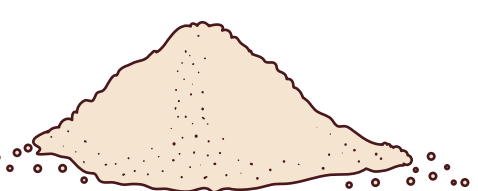


Stevia Kombucha

You can consume kombucha during a loose fast. But only Stevia sweetened Kombucha or long fermented Kombucha as the sugar content will be less. Nexba Kombucha has 6 kcal per serving 330mls. Make sure to check nutrition labels.

Stevia

My go-to natural sweetener is Stevia. It does contain small amounts of calories and should be the first option when loose fasting. I choose natural cola drinks, other carbonated drinks or Kombucha that is sweetened by stevia. They generally contain very few calories per serving and can be consumed on a loose fast. In some people, stevia may trigger hunger, avoid these drinks if this is the case for you.



Natural Flavor Soda

There is are naturally flavored cola sweetened with Stevia leaf extract and is calorie free. Zevia Soda is a popular alternative to diet soda and has many natural flavors to choose. Zevia Soda is calorie free and can be used during a loose fast.



Mineral Water

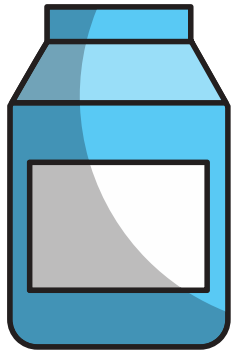
Highly recommended during longer fasts as Mineral Water helps replace electrolytes and loss of minerals, which is common during a fast. Free from any calories and can be consumed during a fast.

Apple Cider Vinegar

Health guru's claim apple cider vinegar is nil in calories. Unfortunately it isn't true. Contains very little calories and can be consumed on a loose fast. Generally contains 3-5 calories per serving. There are benefits to consuming moderate amounts of apple cider vinegar during a fast. One of them is that it can increase feelings of fullness.(21) That's why drinking this compound – such as, by mixing one or two tablespoons with water – might help you manage cravings during your fast. What's more, apple cider vinegar can also improve insulin sensitivity and aid blood sugar control.



Most Frequently Questioned Products



BCAAs

Not recommended if you fast for longevity because even a small amount of BCAAs can stop autophagy. But if you do a loose fast for weight loss and go for longer than sixteen hours without food, BCAAs can be helpful. It prevents muscle degradation, especially if you train in a fasted state.(14)(15)(16).



MCT OIL

MCT oil isn't suitable for consumption during both a loose and a strict fast because it scores high in calories. If you want to consume MCT oil, it's better to do so in your feeding window.



Black Coffee

Black Coffee can be consumed during a loose fast and a strict fast. Since coffee contains caffeine, consuming it may reduce hunger. One review study found a reduction in appetite and energy intake upon consuming caffeine between 0.5 and 4 hours before a meal.(22) Cold brew coffee is another option. Using a French Press is a great way to cold brew your coffee over 12-24hrs. Cold brew coffee also reduces the acidity of coffee, which is gentler on your stomach. The caffeine concentration is much higher than hot brewed coffee so make sure not to overdo it.



Coconut Oil/Other Oils/Butter

Although coconut oil doesn't trigger an insulin response, it is high in calories and cannot be used in a loose fast. Perfect to use with Ketogenic diet as it contains healthy saturated fats that provide fast energy boosts to your brain and body after a fast.



Almond Milk

Great alternative to dairy, however even unsweetened Almond Milk will break your fast and can't be used during a loose fast as too many calories.

Most Frequently Questioned Products



Heavy Cream/Half & Half Cream

Although unsweetened heavy cream has 20 kcal per serving. It's ok to use in a coffee if you really need something, however it puts you at the maximum allowance on a loose fast and I recommend choosing something less in calories. Not to be used on a strict fast.



Milk

Milk contains natural sugar lactose and will break your fast and spike your blood sugar levels. Not to be used on loose fast.



Bone Broth

Broth will technically break your fast due to the protein and carbs. You can have bone broth during a loose fast. Preferably find bone broth low in calories like Zoup Chicken Broth. 1 cup or 240 ml of Zoup chicken bone broth has 14 calories and 4 grams of protein.



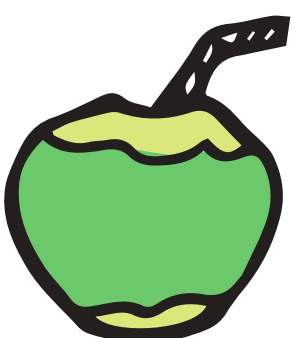
Collagen Powder

Collagen should be avoided while fasting as it's protein based and will break your fast.



Lemon Juice

Although contains natural sugars, 1 teaspoon added to cold water is fine on loose fast. But I recommend cutting a slice of lemon and placing it into the water without squeezing the juice. Will add slight lemon flavour to the water



Coconut Water

Due to the high levels of sugars coconut water should be avoided while fasting.

Most Frequently Questioned Products



Diet Soda

Packed with artificial sweeteners and technically doesn't contain any calories. You can drink these on a loose fast. Just because you can drink artificially sweetened diet soda doesn't mean it's good for your overall well-being and should be avoided anyway.

Warnings & References

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Research References

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