

9 THINGS TO AVOID DURING FASTING

**MASTERING INTERMITTENT
FASTING**

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1. SUGARY BEVERAGES

THESE CAN DISRUPT FASTING BY SPIKING BLOOD SUGAR LEVELS.

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2. PROCESSED SNACKS

HIGH IN UNHEALTHY FATS AND SUGARS, THEY HINDER FASTING BENEFITS.

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3. REFINED GRAINS



**QUICK DIGESTION CAN LEAD TO BLOOD SUGAR FLUCTUATIONS
DURING FASTING.**

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4. DAIRY PRODUCTS



CHOOSE LOW-FAT OPTIONS, AS HIGH-FAT VERSIONS MAY BE CALORIE-DENSE.

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5. ALCOHOL



CAN DISRUPT FASTING, PROVIDE EMPTY CALORIES, AND IMPAIR JUDGMENT.

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6. ARTIFICIAL SWEETENERS

WHILE CALORIE-FREE, THEY MAY INCREASE CRAVINGS FOR SWEET FOODS.

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7. FAST-FOOD MEALS

HIGH IN CALORIES, UNHEALTHY FATS, AND PROCESSED INGREDIENTS.

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8. SUGARY DESSERTS



CALORIE-DENSE TREATS THAT CAN CAUSE ENERGY FLUCTUATIONS.

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9. FRIED AND FATTY FOODS



HIGH IN UNHEALTHY FATS AND CALORIES, THEY DISRUPT FASTING.

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