

Comprehensive Dietary Guidelines for Intermittent Fasting: Tailored for Indian Adults (60-70 kg)

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Abstract: This review article provides detailed dietary guidelines for Indian men and women weighing between 60-70 kg, focusing exclusively on intermittent fasting (IF). The guidelines cater to both vegetarian and non-vegetarian dietary preferences, ensuring a balance of macronutrients and micronutrients while incorporating traditional Indian food choices. Evidence-based recommendations and the references are included to support these dietary strategies.

Keywords: Intermittent Fasting, Indian Diet, Nutritional Guidelines, Vegetarian and Non-Vegetarian Options

1. Introduction

Intermittent fasting (IF) is a dietary approach that alternates periods of eating and fasting. It has gained widespread recognition for its potential benefits, including improved metabolic health, weight management, and enhanced longevity. This article provides detailed dietary guidelines for Indian adults, focusing on traditional food preferences and nutritional needs for both vegetarian and non-vegetarian diets.

Core Principles of Intermittent Fasting

Fasting and Eating Windows

- Popular IF patterns: 16:8 (16 hours fasting, 8 hours eating window).
- Eating window: Typically 12 PM to 8 PM but adjustable to individual preference.

Hydration

- Drink at least 2-3 litres of water daily.
- During fasting periods, drink water, herbal teas, or black coffee (without sugar or milk).

Caloric Intake

- Average caloric requirement: ~2000-2200 kcal/day for men and ~1800-2000 kcal/day for women.
- Ensure caloric intake during the eating window aligns with individual goals (e.g., weight maintenance or loss).

Macronutrient Distribution

- Carbohydrates:** 45-55% of total calories.
- Proteins:** 20-25% of total calories.
- Fats:** 20-30% of total calories.

Nutritional Quality

- Focus on whole, unprocessed foods rich in nutrients.
- Avoid refined sugars, trans fats, and excessive salt.

Detailed Diet Plan

Eating Window (12 PM - 8 PM)

A. Vegetarian Guidelines:

1) Meal 1: Break-the-Fast Meal (12 PM):

- Protein:** 1 cup paneer bhurji (150 g) or 1 cup cooked sprouts.
- Carbohydrates:** 1 multigrain roti or 1 small bowl of quinoa (~50 g).
- Vegetables:** 1 cup mixed vegetable curry or sabzi (e.g., spinach, carrots, beans).
- Fats:** 1 tsp ghee or olive oil.
- Optional:** 1 small bowl of curd (~150 g).
- Beverage:** 1 cup green tea or herbal tea.

2) Snack (3 PM):

- Protein:** 1 handful roasted chana (30 g) or 10 almonds.
- Fruits:** 1 medium-sized seasonal fruit (e.g., banana, guava, orange).
- Hydration:** 1 glass buttermilk or coconut water.

3) Meal 2: Main Meal (6 PM):

- Protein:** 1 cup dal (~150 g) or 1 serving soy chunks curry.
- Carbohydrates:** 1 small bowl cooked brown rice or 1 multigrain roti.
- Vegetables:** 1 large bowl mixed salad (cucumber, tomato, carrot) with lemon juice dressing.
- Fats:** 1 tsp flaxseeds or chia seeds.

4) Light Snack (7:30 PM):

1 cup vegetable soup or a small handful of makhana (fox nuts).

B. Non-Vegetarian Guidelines:

1) Meal 1: Break-the-Fast Meal (12 PM):

- Protein:** 2 boiled eggs or 100 g grilled chicken breast.
- Carbohydrates:** 1 multigrain roti or 1 small bowl of cooked millet (~50 g).
- Vegetables:** 1 cup mixed vegetable curry (e.g., zucchini, capsicum, broccoli).
- Fats:** 1 tsp ghee or coconut oil.
- Optional:** 1 small bowl of curd (~150 g).
- Beverage:** 1 cup black coffee or green tea.

2) Snack (3 PM):

- Protein:** 1 boiled egg or a handful of roasted peanuts (~30 g).
- Fruits:** 1 medium-sized fruit (e.g., apple, papaya, pear).
- Hydration:** 1 glass coconut water or lemon water.

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3) Meal 2: Main Meal (6 PM):

- **Protein:** 1 serving grilled fish (100 g) or chicken curry (100 g).
- **Carbohydrates:** 1 small bowl cooked basmati rice or 1 multigrain roti.
- **Vegetables:** 1 large bowl of stir-fried vegetables (e.g., spinach, bell peppers, mushrooms).
- **Fats:** 1 tsp olive oil or 1 tsp sesame seeds.

4) Light Snack (7:30 PM):

- 1 cup chicken or bone broth soup or a handful of roasted makhana.

5) Fasting Period (8 PM - 12 PM)

- Allowed beverages: Water, herbal teas, black coffee (no sugar or milk).
- Electrolytes: Add a pinch of rock salt to water if necessary.
- Avoid: Sugary drinks, fruit juices, and any calorie-containing foods.

C. Special Considerations**Micronutrient Balance**

- Include sources of iron (e.g., spinach, chicken liver), calcium (e.g., dairy, sesame seeds), and B vitamins (e.g., whole grains, eggs).
- Supplement with Vitamin D (600-800 IU daily) if deficient.

Customisation for Health Conditions

- **Diabetes:** Opt for low-glycemic index foods (e.g., whole grains, legumes).
- **Hypertension:** Limit salt intake and include potassium-rich foods (e.g., bananas, coconut water).

Cultural Adaptations

- Incorporate traditional Indian dishes like dal, sabzi, idli (with minimal oil), and khichdi.
- Use spices like turmeric, cumin, and coriander for their health benefits.

Scientific Evidence Supporting Intermittent Fasting**Weight Management and Metabolic Health**

- IF improves insulin sensitivity, reduces body fat, and supports metabolic health (Mattson et al., 2017, NEJM).

Cardiovascular Benefits

- IF reduces inflammation and lowers blood pressure markers (Antoni et al., 2017, JAMA).

Gut Health

- Time-restricted eating supports gut microbiota diversity (Zarrinpar et al., 2016, Cell Metabolism).

Oxidative Stress and Longevity

- IF enhances cellular repair mechanisms and reduces oxidative stress, contributing to longevity (Harvie et al., 2011, Int J Obesity).

Cognitive Health

- Fasting promotes brain health by improving neuroplasticity and reducing neuroinflammation (Longo et al., 2015, Cell Stem Cell).

Hormonal Regulation

- IF supports balanced hormonal levels, including insulin and leptin, critical for metabolic health (Stote et al., 2007, AJCN).

2. Conclusion

These comprehensive dietary guidelines for intermittent fasting provide a practical framework for Indian adults to achieve and maintain optimal health. By addressing both vegetarian and non-vegetarian preferences, this article serves as a valuable resource for adopting intermittent fasting sustainably and effectively.

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Author Profile

Dr. Venugopal Reddy is a distinguished Medical Director and Pediatrician at Ovum Woman and Child Speciality Hospital in Bangalore, India. With extensive expertise in pediatric care, research, and community health initiatives, he has authored nearly 100 articles in Scopus and PubMed-indexed journals. He is actively involved in improving healthcare systems, child health awareness, and maternal well-being. His work has earned him recognition as one of the top professionals shaping healthcare in India.