



Fasting & Feasting (low-carb)



SKINNY
FAT



When and What to Eat? Does Fasting in Conjunction with a Low-Carbohydrate Diet Effect Health Outcomes? A Scoping Review

Nasim Salehi, Tara Kelly, & Megan Lee

What we know about the topic: low-carbohydrate diet, and fasting have been researched independently and shown beneficial in prevention and treatment of diverse ranges of chronic diseases.

What we do not know about the topic: limited studies exist on the synergy of low-carbohydrate diet, and fasting together, to prevent and improve chronic illnesses.

Aim: To explore the health outcomes of using a low-carbohydrate diet in conjunction with fasting.

Method: The scoping review has been conducted by applying the steps outlined by Arksey and O'Malley, (i) identifying and articulating the research question, (ii) identifying and implementing the search strategy, (iii) selecting relevant studies, (iv) extracting and charting data, (v) analyzing, summarising and reporting on results. Four databases searched (Medline, PubMed, CINAHL, and Scopus), from inception to February 2021, and nine articles were included that fit the inclusion criteria.

Finding & Conclusion:

- Low-carb diet (excluding high glycemic index foods, such as sugary/processed foods, as well as starchy foods)
- Fasting, including various types of fasting (e.g., from intermitted fasting, to prolonged fasting)

Decreasing
insulin
resistance

- Slow food digestion
- decrease blood sugar
- decrease hunger/frequent eating

- Decrease the possibility of metabolic disorders (e.g., blood pressure $\geq 130/85$ mmHg; waist circumference ≥ 94 ; fasting glucose ≥ 5.5 ; triglycerides ≥ 1.7)
- Decrease the possibility of chronic illnesses (e.g., type 2 diabetes, high blood pressure, heart disease, inflammation, sleep apnea, obesity, and neurological conditions)
- Decrease the possibility of weight gain [Weight gain, outside body (Visceral fat); & Weight gain inside body, or TOFI (thin outside, fat inside)]