



Fasting Acronyms & Terms

Common acronyms and terms used by The Fasting Method

#IDMSuccess: What you get when you follow Dr. Fung's advice.

16:8, 18:6, 20:4, etc. Fasting: These are forms of daily intermittent fasting. The first number is the "fasting period" and the second is the "feeding window" or time when you can consume calories.

5:2 Diet: With this methods, you consume only 500–600 calories on two non-consecutive days of the week, but eat normally the other 5 days.

ACV: Apple cider vinegar

ADF: Alternate day fasting

AIP: Auto-immune Protocol

Autophagy: The body's way of cleaning out damaged cells, in order to regenerate newer, healthier cells, according to Priya Khorana, PhD, in nutrition education from Columbia University. At the cellular level, Petre says the benefits of autophagy include: removing toxic proteins from the cells that are attributed to neurodegenerative diseases, such as Parkinson's and Alzheimer's disease recycling residual proteins providing energy and building blocks for cells that could still benefit from repair on a larger scale, it prompts regeneration and healthy cells it is receiving a lot of attention for the role it may play in preventing or treating cancer, too.

BCAA: Branched chain amino acids

BG: Blood glucose (see BS)

BMI: Body mass index (a number calculated from your height and weight which is then used to assess your body composition)

BMR: Basal metabolic rate (the number of calories you burn when your body is at rest)



BP: Blood pressure

BPC: Bullet Proof Coffee (has butter or other fats added)

BS: Blood sugar (see BG)

Carbs: Carbohydrates

Cardio: Cardiovascular Exercise

CICO: Calories in calories out **Clean fast:** A fast free of all additives such as cream, sugar, calories, artificial sweeteners, etc. A clean fast is one in which only black coffee, plain tea, and/or water are consumed.

CR: Calorie Restriction



Fasting Acronyms & Terms Continued

CW: Current Weight

D3: Delay Don't Deny

DXA body scan: A DEXA scan usually assesses or measures bone density. It may also have uses in determining body composition, such as the percentage of lean muscle and fat. The dual-energy X-ray absorptiometry (DEXA) scan uses two low-energy X-ray beams, which doctors direct toward the bones.

Eat-Stop-Eat: This involves fasting for 24 hours, once or twice a week, for example by not eating from dinner one day until dinner the next day.

Eco-Atkins: This is essentially a vegan version of the Atkins diet. It includes plant foods and ingredients that are high in protein and/or fat, such as gluten, soy, nuts, and plant oils. About 25% of its calories come from carbs, 30% from protein, and 45% from fat. As such, it's higher in carbs than a typical Atkins diet — but still much lower than a typical vegan diet.

EF: Extended fasting – a fast lasting longer than 48 hours.

eTRE: Early time restricted eating.

Fasting window: period of time when you are fasting.

Fat adapted: Metabolic state in which an individual's body effectively burns stored body fat for energy (as opposed to burning glucose or glycogen).

FBG: Fasting blood glucose. **Feasting window:** Period of time when you are eating.



FF: Fat Fast. A great tool to help you get started with regular fasting and to regain control of your appetite after eating a lot of carbohydrates.

Glycogen: According to dictionary.com: "a substance deposited in bodily tissues as a store of carbohydrates. It is a polysaccharide that forms glucose on hydrolysis." Laymen's terms: unused/unprocessed energy the body uses first before reverting to stored fat.

GW: Goal weight

HbA1c: Hemoglobin A1c represents average blood glucose over 3 months. Normal A1c is between 4.6% and 5.3%; according to the ADA, 6.5% and above is considered diabetic.

HFCS: High fructose corn syrup.

HGH: Human Growth Hormone.

HIIT: High intensity interval training.

hsCRP: High-sensitivity C-reactive protein (a key inflammation marker)

HTN: Hypertension.

HW: Heaviest Weight.

HWC: Heavy whipping cream (Pure cream is an Australian alternative).

IF: Intermittent fasting – a fast lasting between 24 hours and 48 hours.

IFYM: If It fits your macros.

IL-6: Interleukin 6.

IR: Insulin resistance.

JERF: Just eat real food.

Keto: Ketogenic diet (generally under 20g carbs/day). [See the term "net carbs."]



Fasting Acronyms & Terms Continued

LCHF: Low carb healthy fats (HF is also often referred to as high fat).

LCHFMP: Low carb healthy fats moderate protein.

LeanGains: 16:8 fasting then feasting window. (Developed by Martin Berkhan; based on the guidelines of skipping breakfast, consuming large meals later in the day, and training hard in order to cut fat and build muscle effectively; gives greater focus on nutrition adherence than other methods.)

LMGTFY: Let me Google that for you.

Life: Popular fasting app.

Macros: This is an abbreviation of “macronutrients.”
Protein: 4 Calories/Gram; Fat: 9 Calories/Gram;
Carbohydrate: 4 Calories/Gram.

MCT: Medium chain triglycerides.

MFP: My Fitness Pal.

Net Carbs: Simply refers to carbs that are absorbed by the body. To calculate the net carbs in whole foods, subtract the fiber from the total number of carbs. To calculate the net carbs in processed foods, subtract the fiber and a portion of the sugar alcohols.

NSV: Non scale victory.

OMaD: One meal a day. Not recommended for day in and day out use over a long period of time; suggested for use once you reach maintenance. Doing OMaD occasionally, to mix up your schedule, is fine.

Onderland!: Less than 200 pounds.

OPAD: One plate a day.

PCOS: Polycystic ovary syndrome.

RFL: Rocket fuel latte. (Similar to BPC, but usually has protein, such as whey protein powder, collagen protein, hemp hearts, or chia seeds added. Also, often has Stevia or Monkfruit and/or sea salt.)

SAD: Standard American diet.

Snake Juice: Ingredients: Water. Sodium chloride (Himalayan pink salt) Potassium chloride. Some recipes allow lemon juice, ACV, and electrolyte powders.

Spontaneous Meal Skipping: Skip meals when convenient.

SW: Starting weight (refers to when TRE, IF, or EF started).

T2D: Type 2 diabetes.

TDEE: Total Daily Energy Expenditure.

TEF: Thermic Effect of Food.

TMaD: Two meals a day.



TNF- α : tumor necrosis factor alpha

TRE: Time-restricted Eating – a fast lasting less than 24 hours.

Warrior Diet: A 20:4 fasting/feasting window, usually allowing the person to eat through-out the 4 hours of feasting, but recently is used to explain just including two meals, as long as you are finished within four hours. Initially promoted as a way to improve brain health. It varies from person to person, but this pattern basically gives you about 8 hours of fat-burning fasted state.

WOE: Way of eating.

WOL: Way of living.

ZC: Zero carb. (Carnivore.)