



Tuesday 23rd Feb 8PM (GMT)

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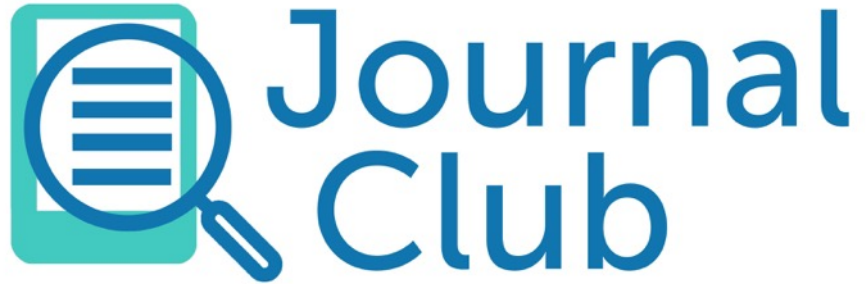
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Dr Caroline Elizabeth Childs BSc (Hons) PhD RNutr

Lecturer in Nutritional Sciences at the University of Southampton

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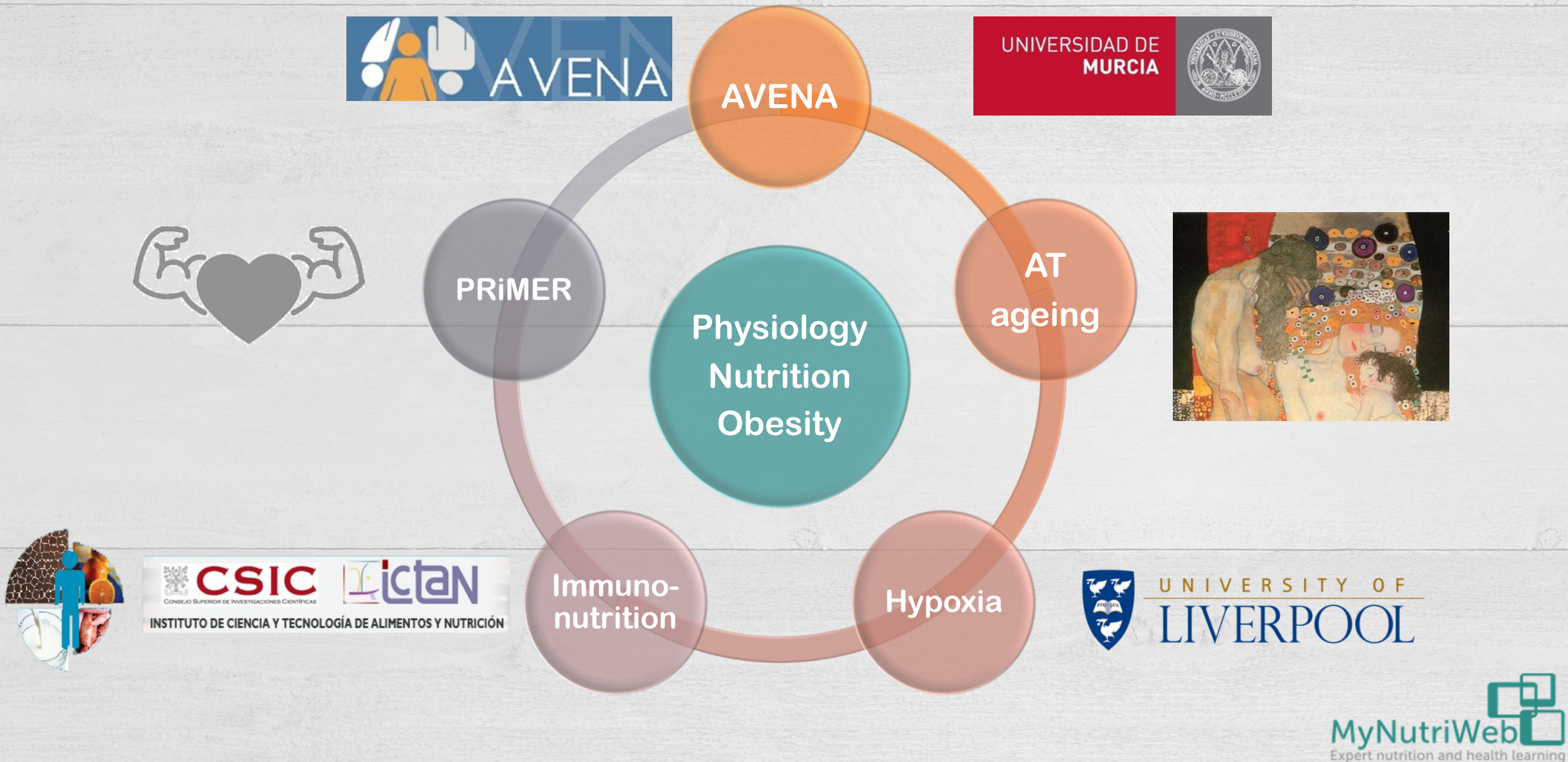
TIME-RESTRICTED FEEDING IN THE MANAGEMENT OF OBESITY

Fatima Perez de Heredia, PhD, FHEA

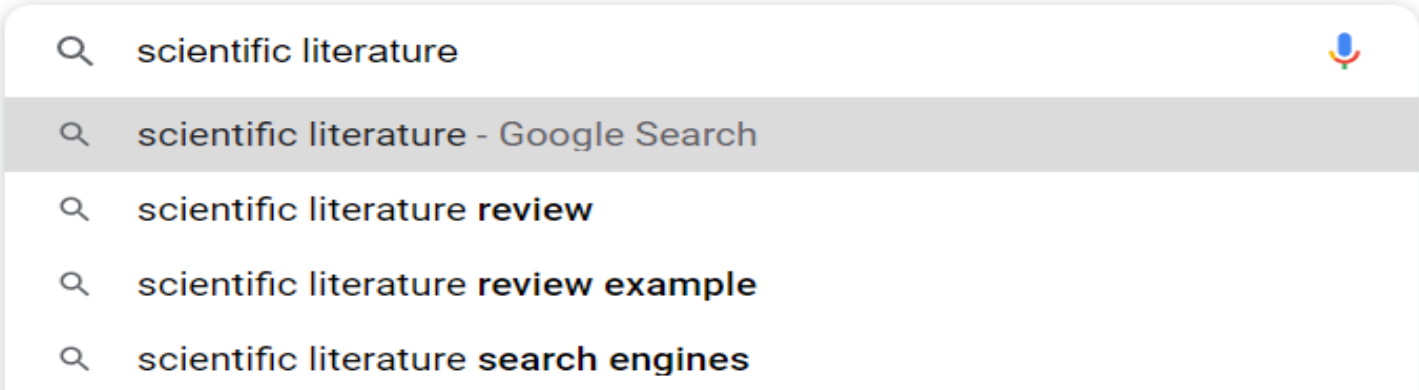
  @FPdeheredia



A little bit about myself...

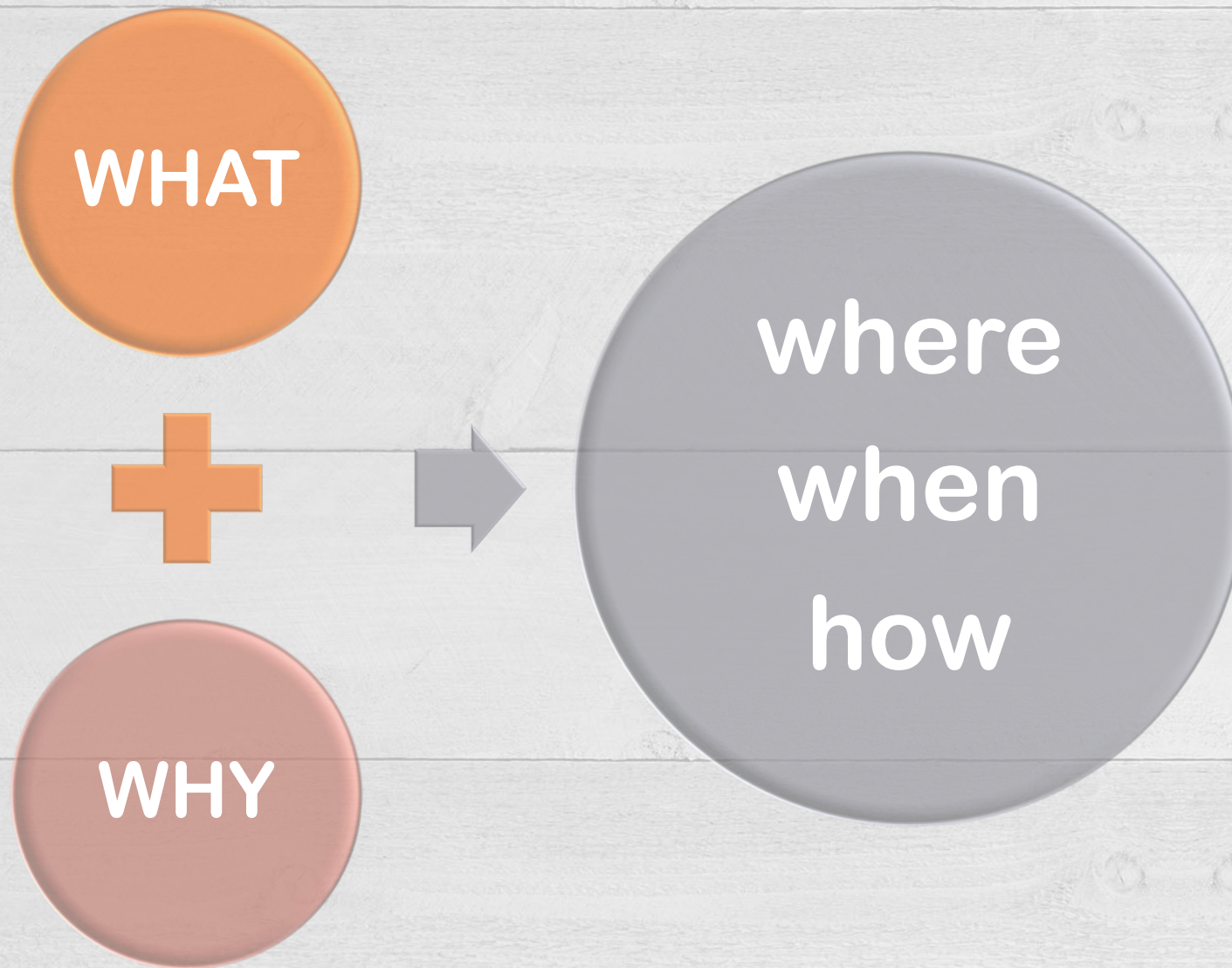


What to search when you're searching?

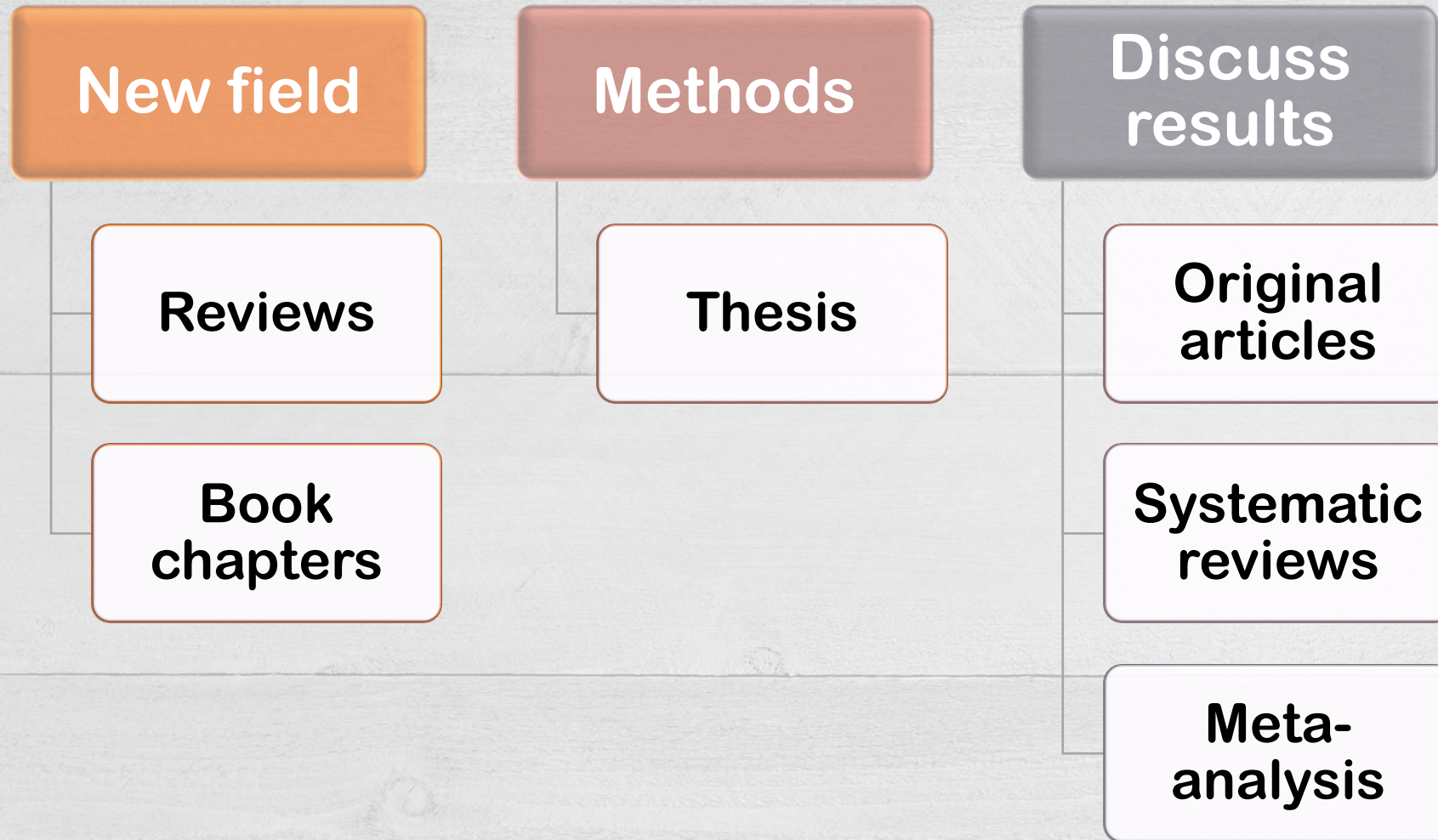
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- 🔍 scientific literature
 - 🔍 scientific literature - Google Search
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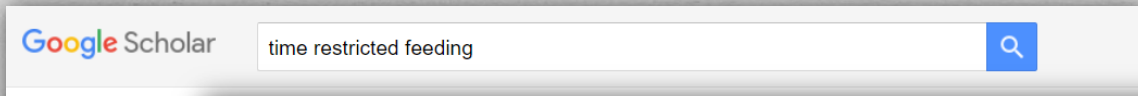
What to search when you're searching?



What to search when you're searching?



Where to search when you're searching?



Articles

Any time
Since 2021
Since 2020
Since 2017
Custom range...

Sort by relevance
Sort by date

☒ include patents
☒ include citations

☐ Create alert

Web of Science

Search

Results: 10,407
(from All Databases)

You searched for: TOPIC: (time restricted feeding) ...More

Create an alert

Refine Results

Search within results for...

Filter results by:

☐ Open Access (3,080)

Refine

Clarivate Analytics

Tools Searches and alerts Search History Marked List



Cochrane Library

Trusted evidence.
Informed decisions.
Better health.

LIVERPOOL JOHN MOORES UNIVERSITY

NEW SEARCH E-JOURNALS A-Z BROWZINE DATABASES A-Z FIND A REFERENCE ILL REQUEST ...

NIH National Library of Medicine
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Log in

PubMed.gov

time restricted feeding

Advanced Create alert Create RSS User Guide

Save Email Send to

Sorted by: Best match Display options

127,647 results

MY NCBI FILTERS

RESULTS BY YEAR

1809 2021

☐ **Fasting, Circadian Rhythms, and Time-Restricted Feeding** in Healthy Lifespan.

1 Longo VD, Panda S.

Cite Cell Metab. 2016 Jun 14;23(6):1048-1059. doi: 10.1016/j.cmet.2016.06.001.
PMID: 27304506 **Free PMC article.** Review.

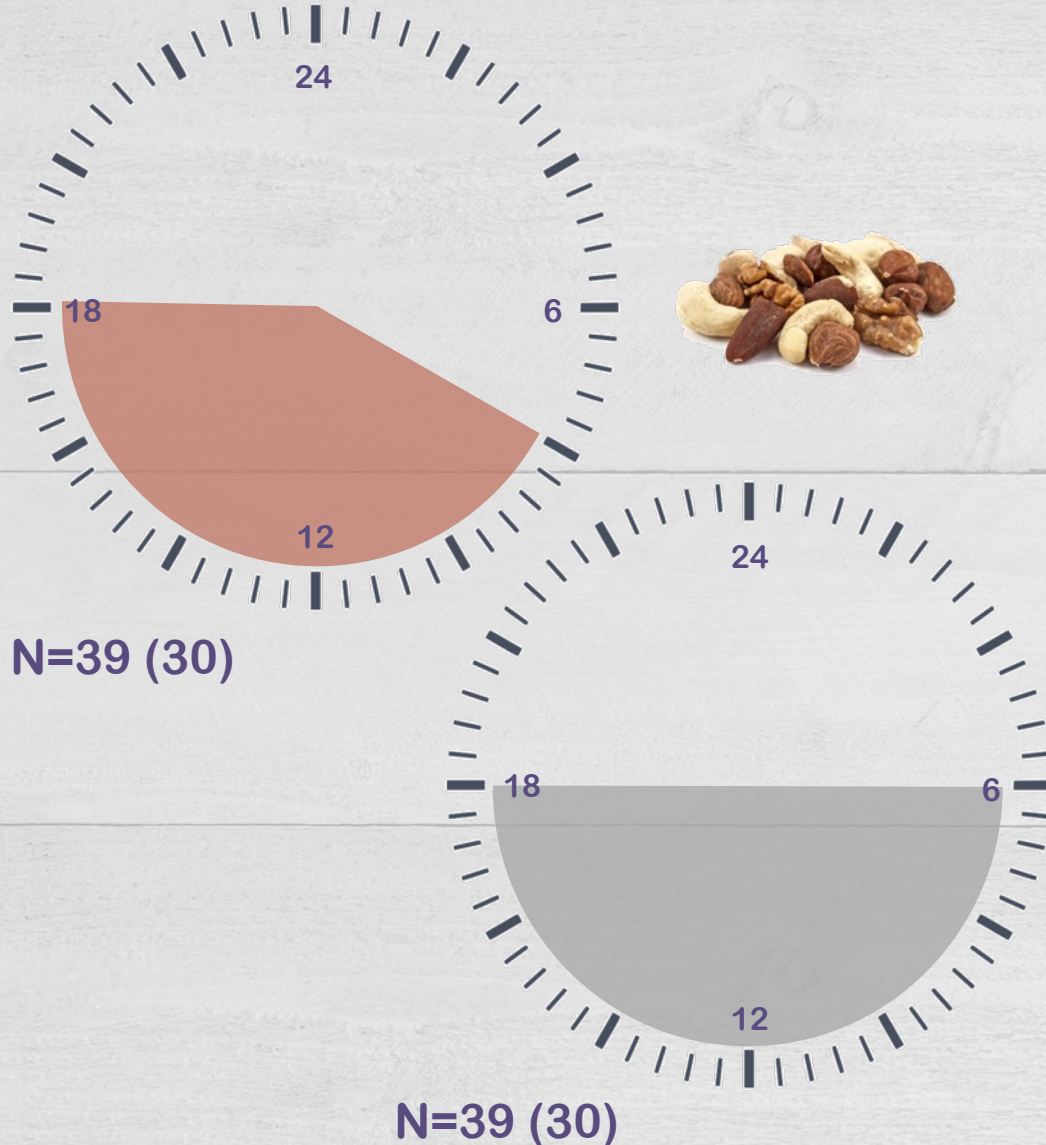
Share Most animals alternate periods of **feeding** with periods of **fasting** often coinciding with sleep. Upon >24 hr of **fasting**, humans, rodents, and other mammals enter alternative metabolic phases, which rely less on glucose and more on ketone body-like carbon sou ...

Effect of time restricted eating on body weight and fasting glucose in participants with obesity: results of a randomized, controlled, virtual clinical trial

Peeke PM, Greenway FL, Billes SK, Zhang D and Fujioka K (2021). *Nutrition & Diabetes*



What did the authors do?



Participants

BMI ≥ 30 kg/m²; 88% women

Intervention

- Energy restricted (-500/1000 kcal)
- 20-30% protein, 25-35% fat, 45-55% CHO

Commercial programme

- Food purchased
- PA guidance & coaching

Conditions

- 8 weeks
- Self-measured and reported

What did they find? Body weight

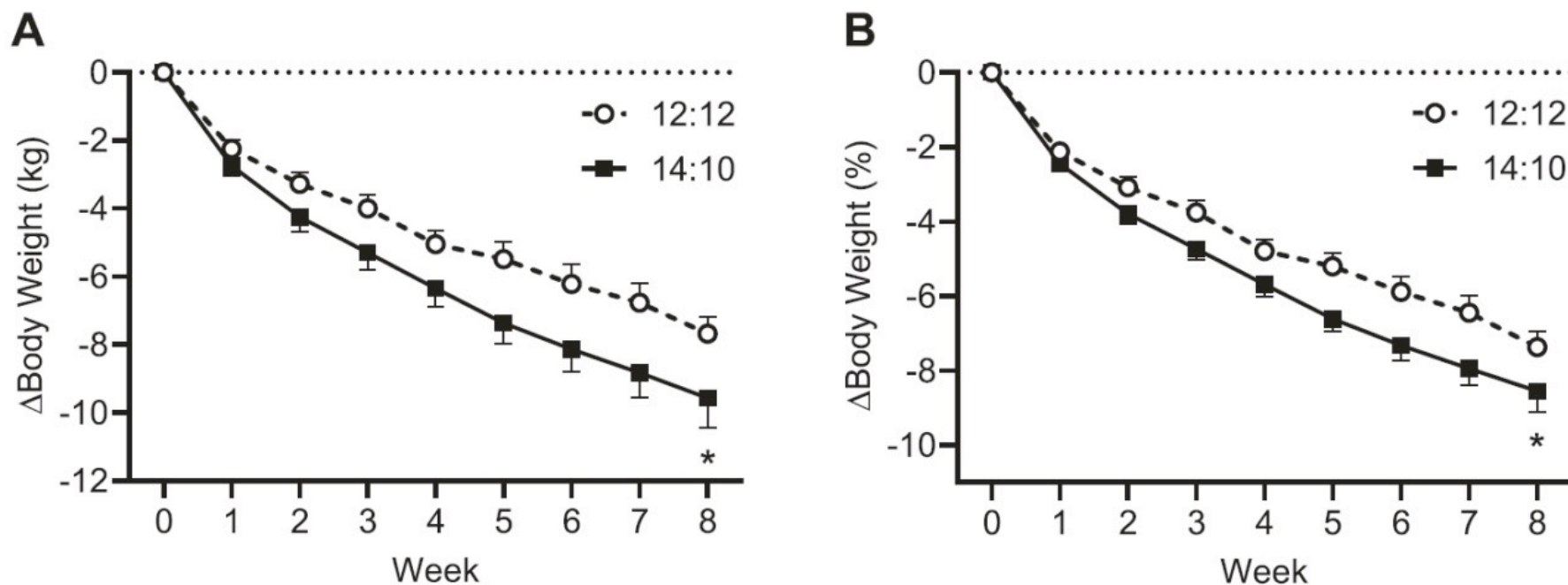


Fig. 2 Change in body weight in study completers. **A** Change in body weight. **B** Change in percent body weight. Data are mean \pm SE for the completer population ($n = 30$). * $P < 0.05$ for comparison of the adjusted LS mean change from baseline to Week 8 in the 14:10 group compared to the 12:12 group.

ITT: changes not statistically different between groups

What did they find? Blood glucose

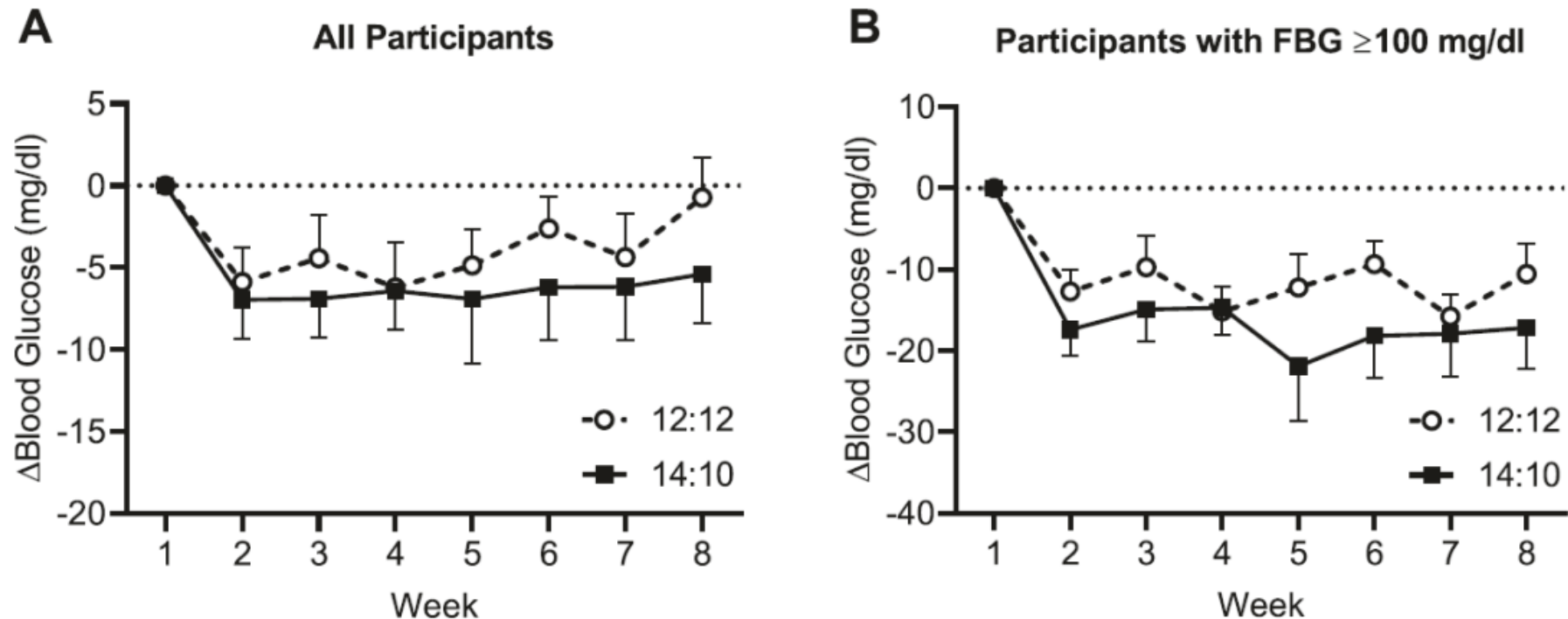


Fig. 3 Change in fasting blood glucose in study completers. **A** Change in FBG for all participants. Data are mean \pm SE for the completer population ($n = 30$). **B** Change in FBG for participants with baseline levels ≥ 100 mg/dl. Data are mean \pm SE for participants in the completer population with a baseline FBG of ≥ 100 mg/dl ($n = 12$ /group). FBG fasting blood glucose.

Effect of breaking fast in blood glucose

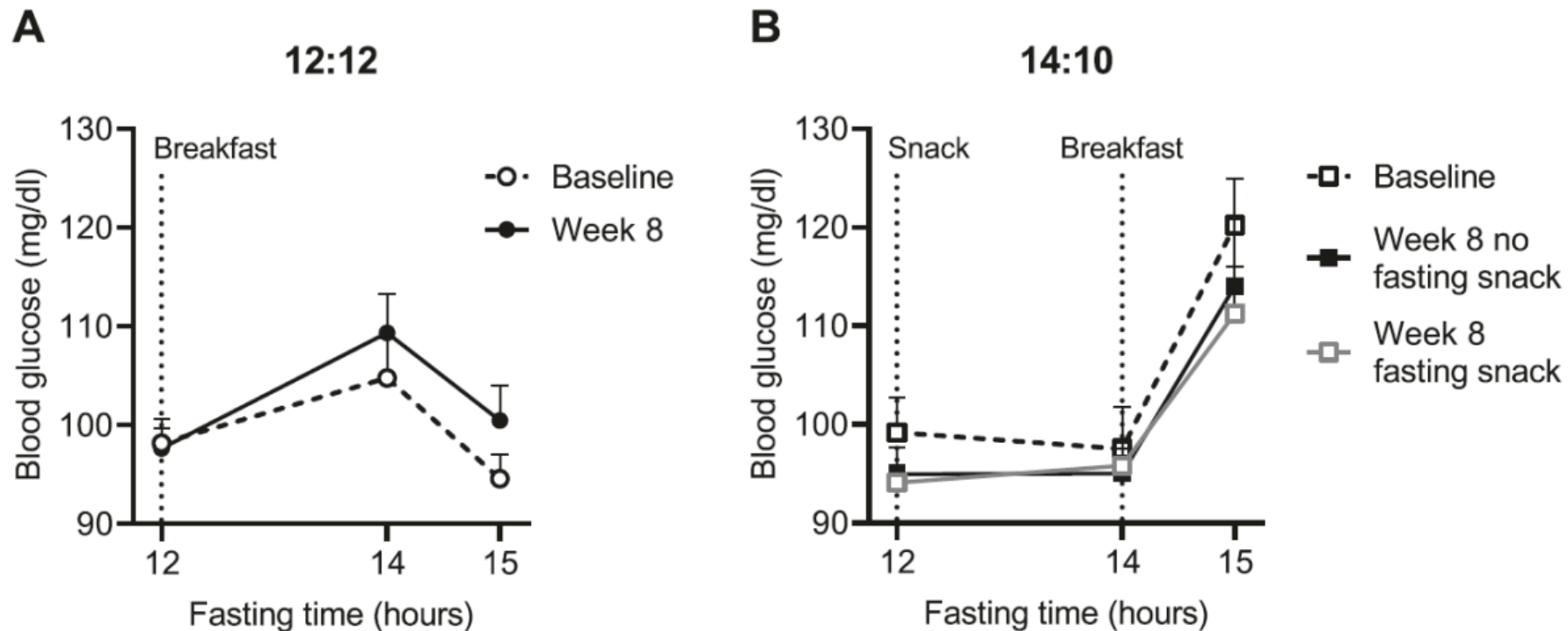
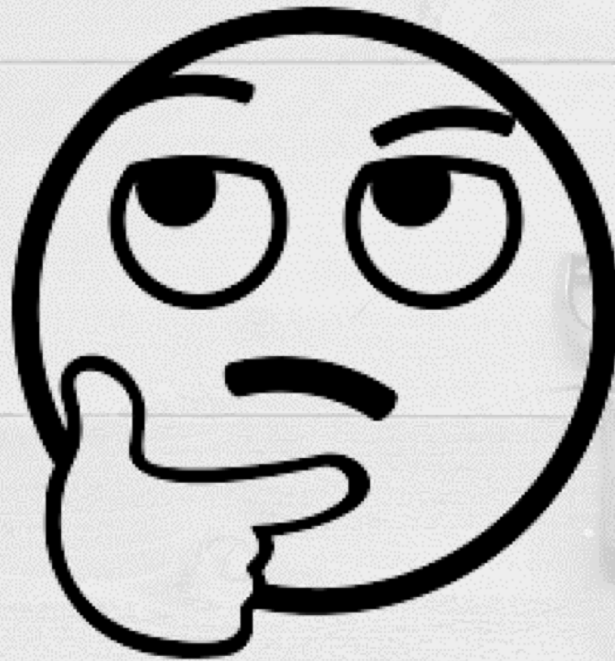


Fig. 4 Effect of the fasting snack on blood glucose in study completers. **A** Change in blood glucose after a breakfast meal for 12:12 study completers ($n = 30$). Participants ate breakfast after the 12-hour FBG measurement. **B** Blood glucose response to a fasting snack and breakfast meal for 14:10 study completers at baseline (no fasting snack) and Week 8 (no fasting snack) ($n = 30$). Participants ate the fasting snack after the 12-h blood glucose measurement and ate breakfast after the 14-h blood glucose measurement. Data are mean \pm SE.

Other aspects to consider



Strengths

and

Limitations

Pros

Controlled
intervention

Isolate effect

Statistical
analysis

Cons

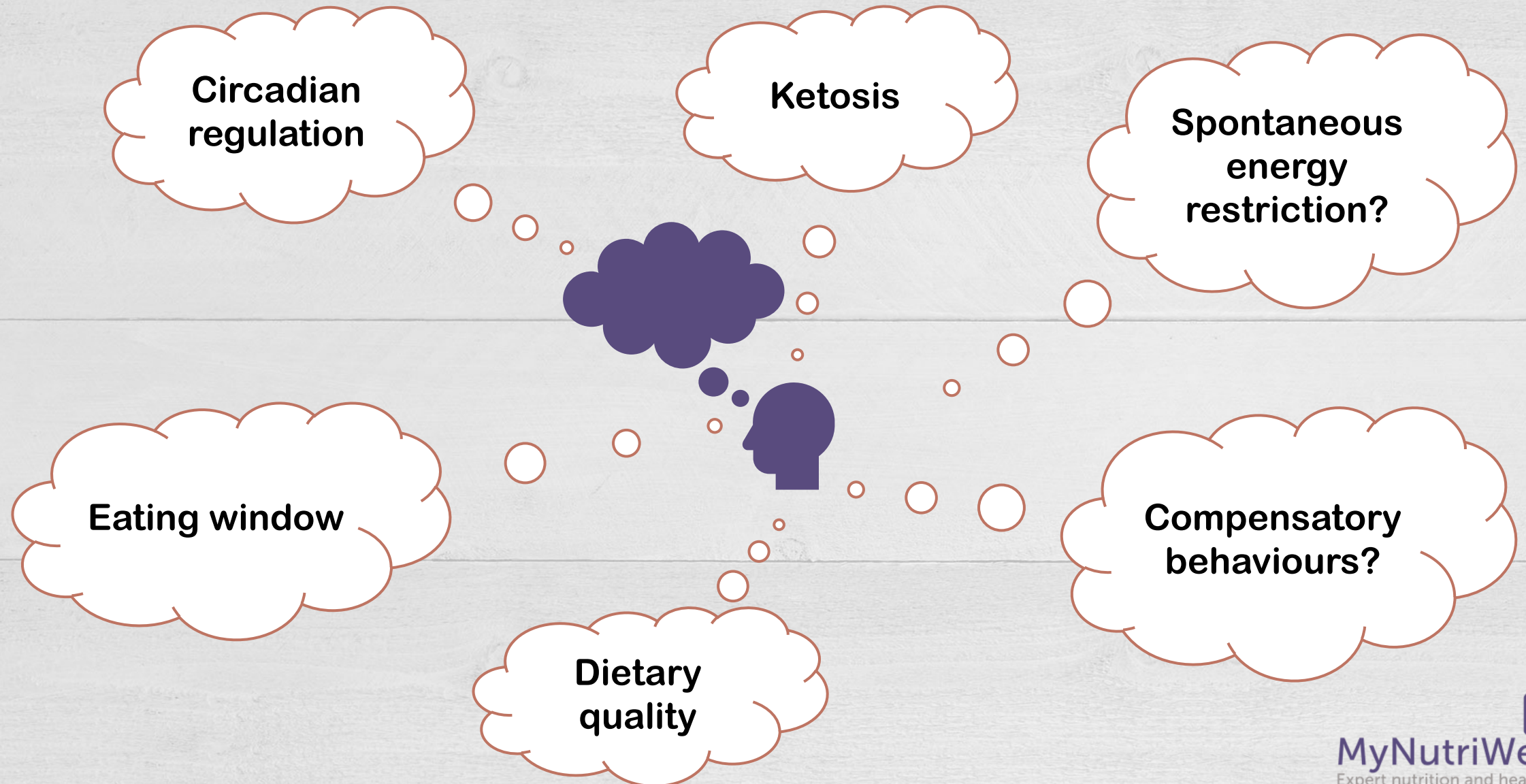
Dietary
restriction

Intake not
reported

Self-
measurements

Covid-19

How does TRE work?



What do you think?

Thanks for joining!





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