Journal Club

Tuesday 23rd Feb 8PM (GMT)

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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

LIVERPOOL JOHN MOORES UNIVERSITY

INSTITUTE FOR HEALTH RESEARCH

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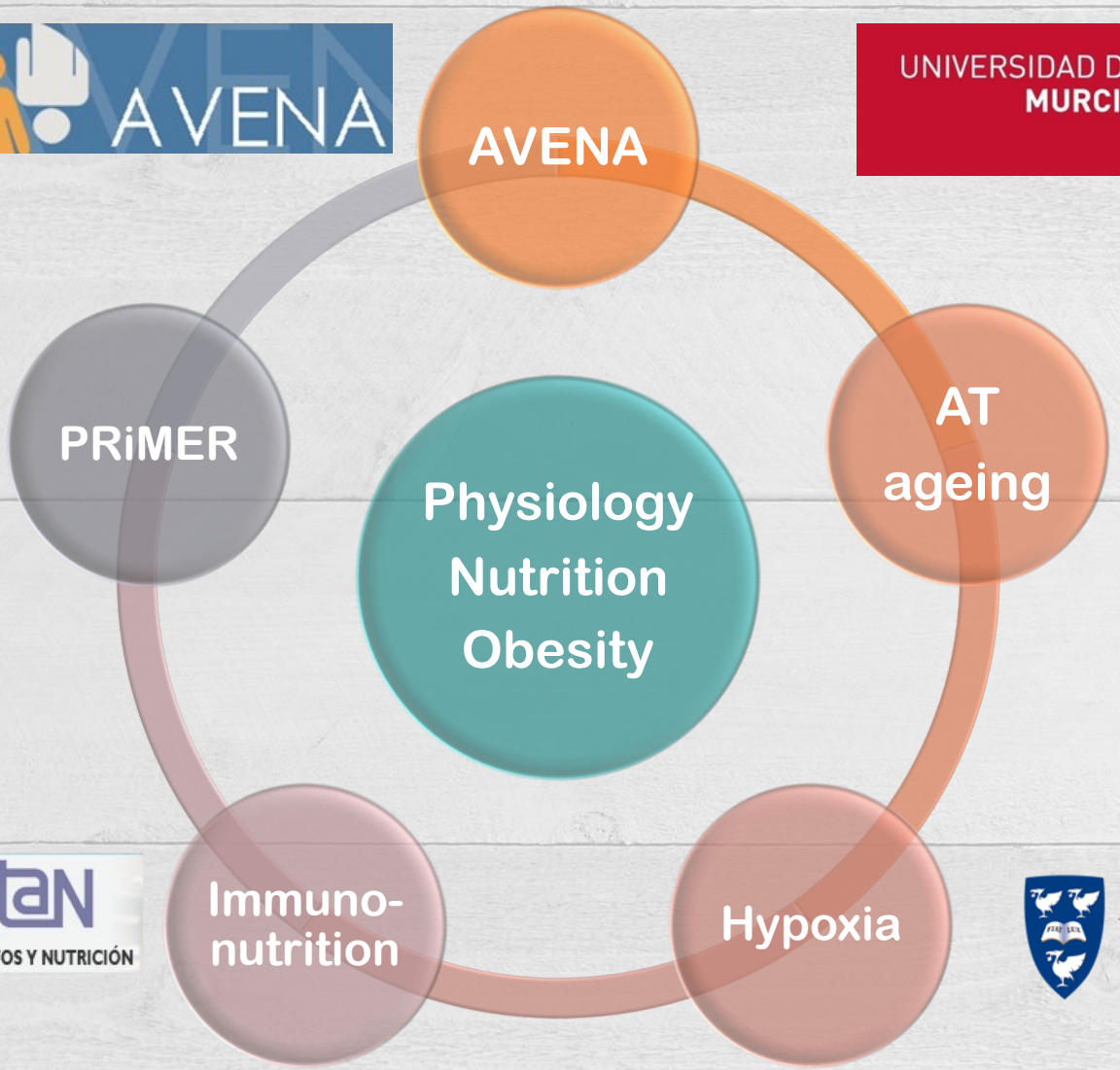
A little bit about myself…



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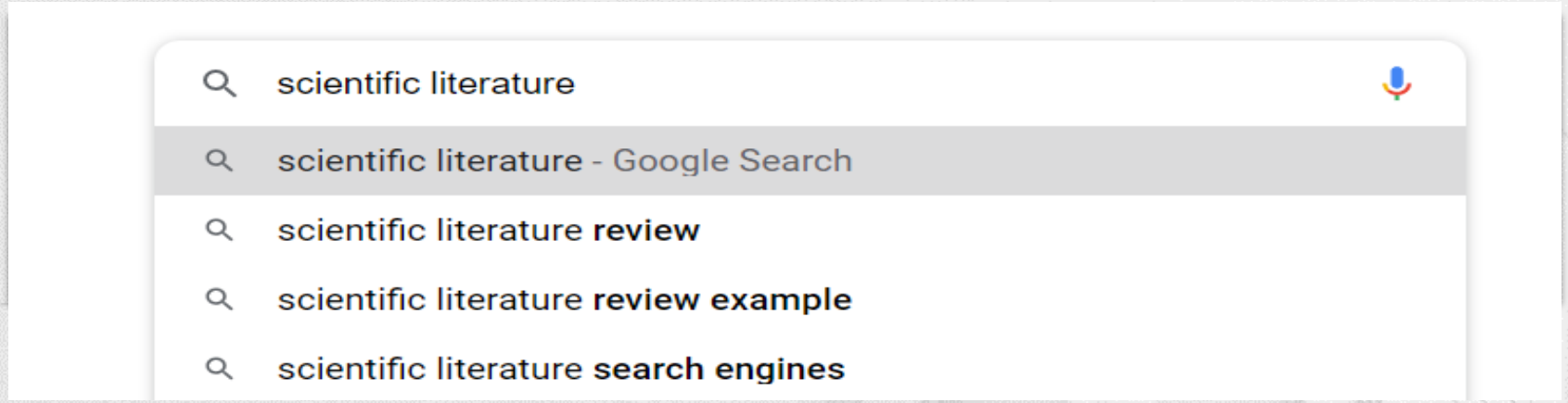
What to search when you're searching?



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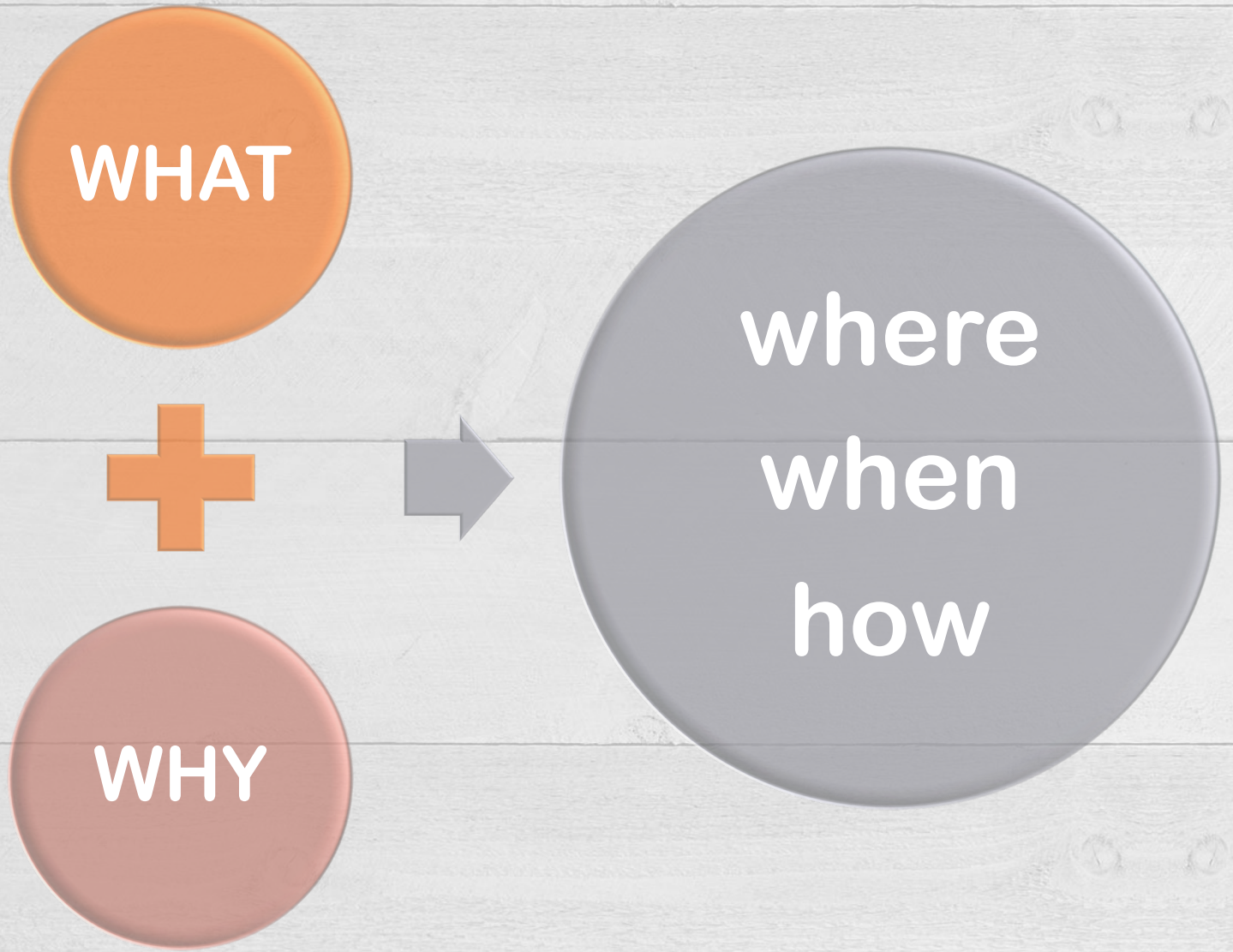

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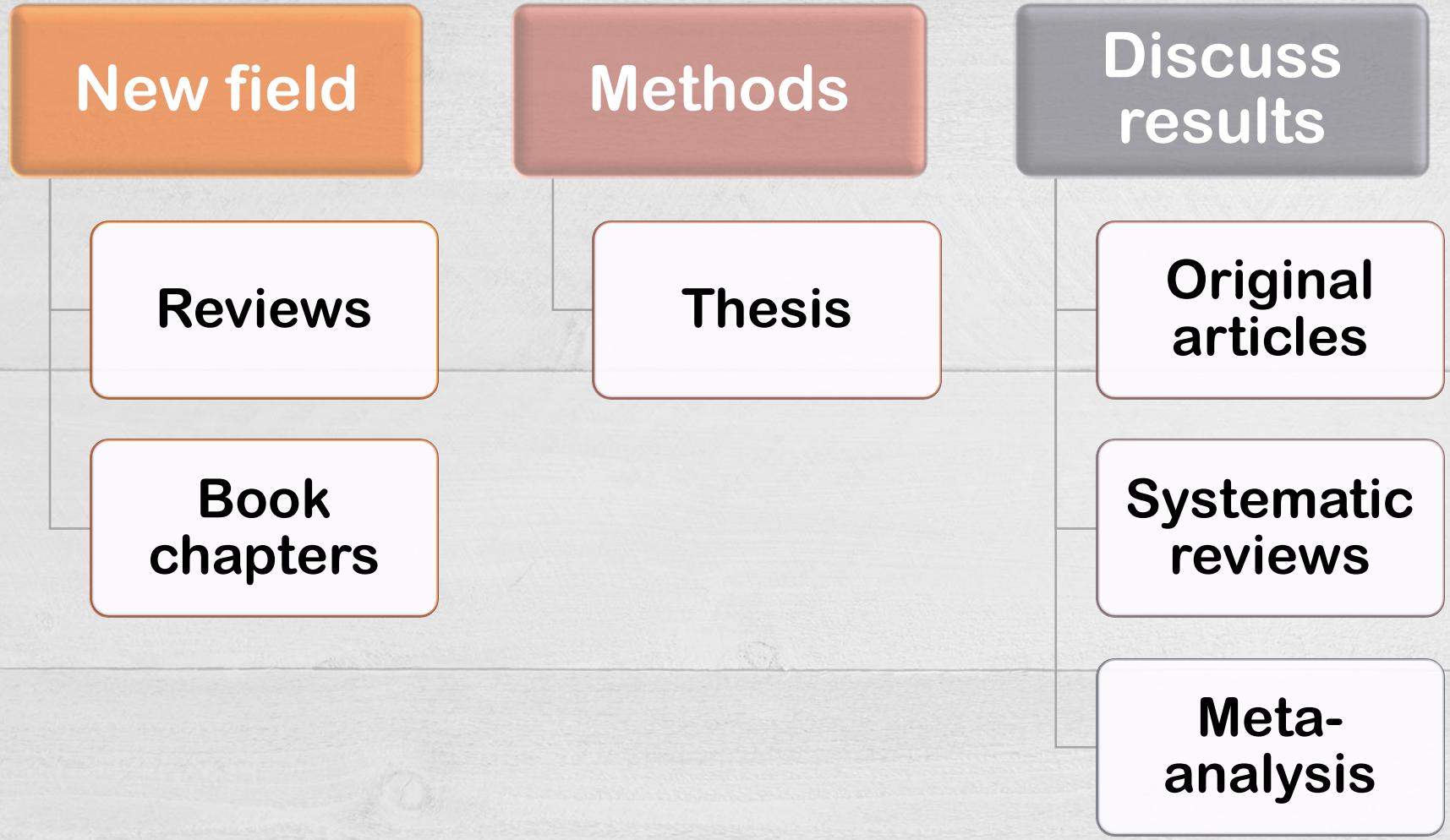

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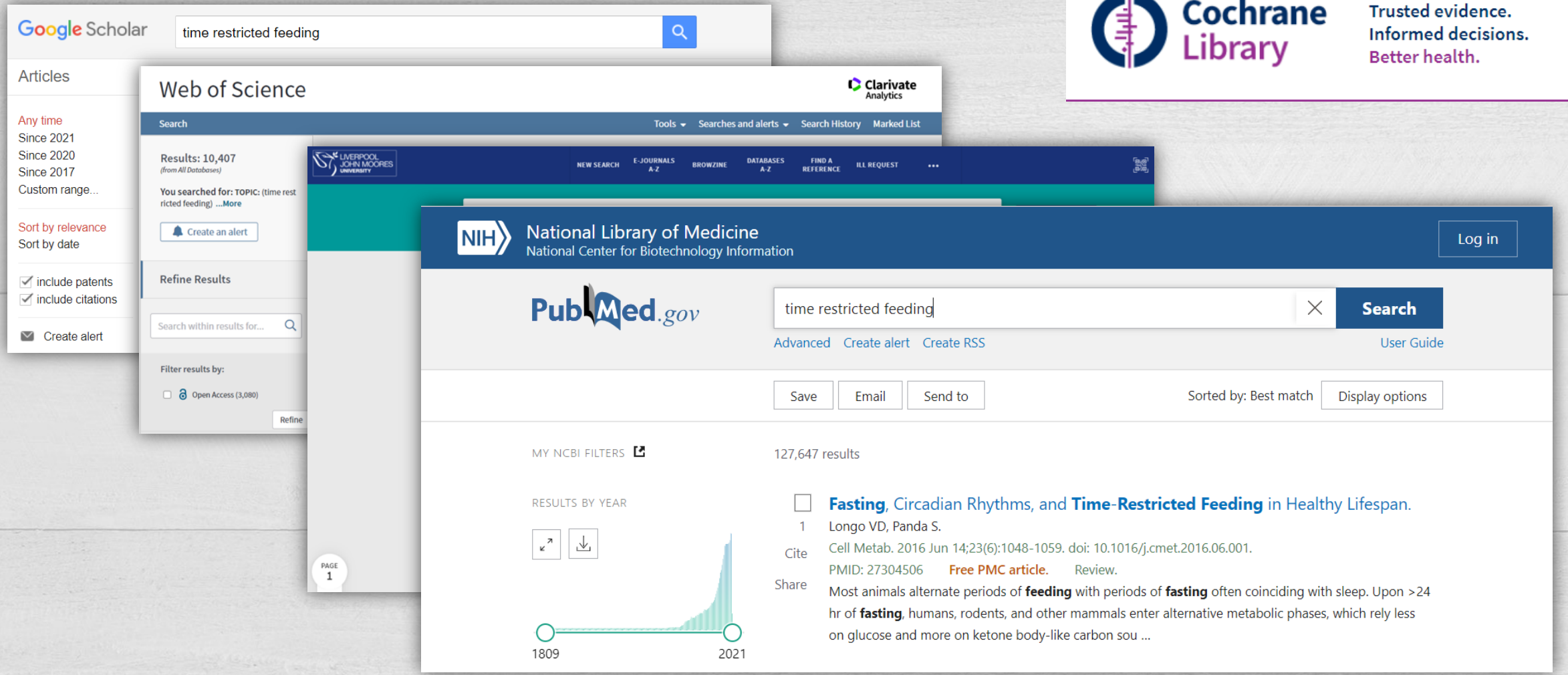
Where to search when you're searching?



Cochrane Library

Trusted evidence.
Informed decisions.
Better health.

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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*

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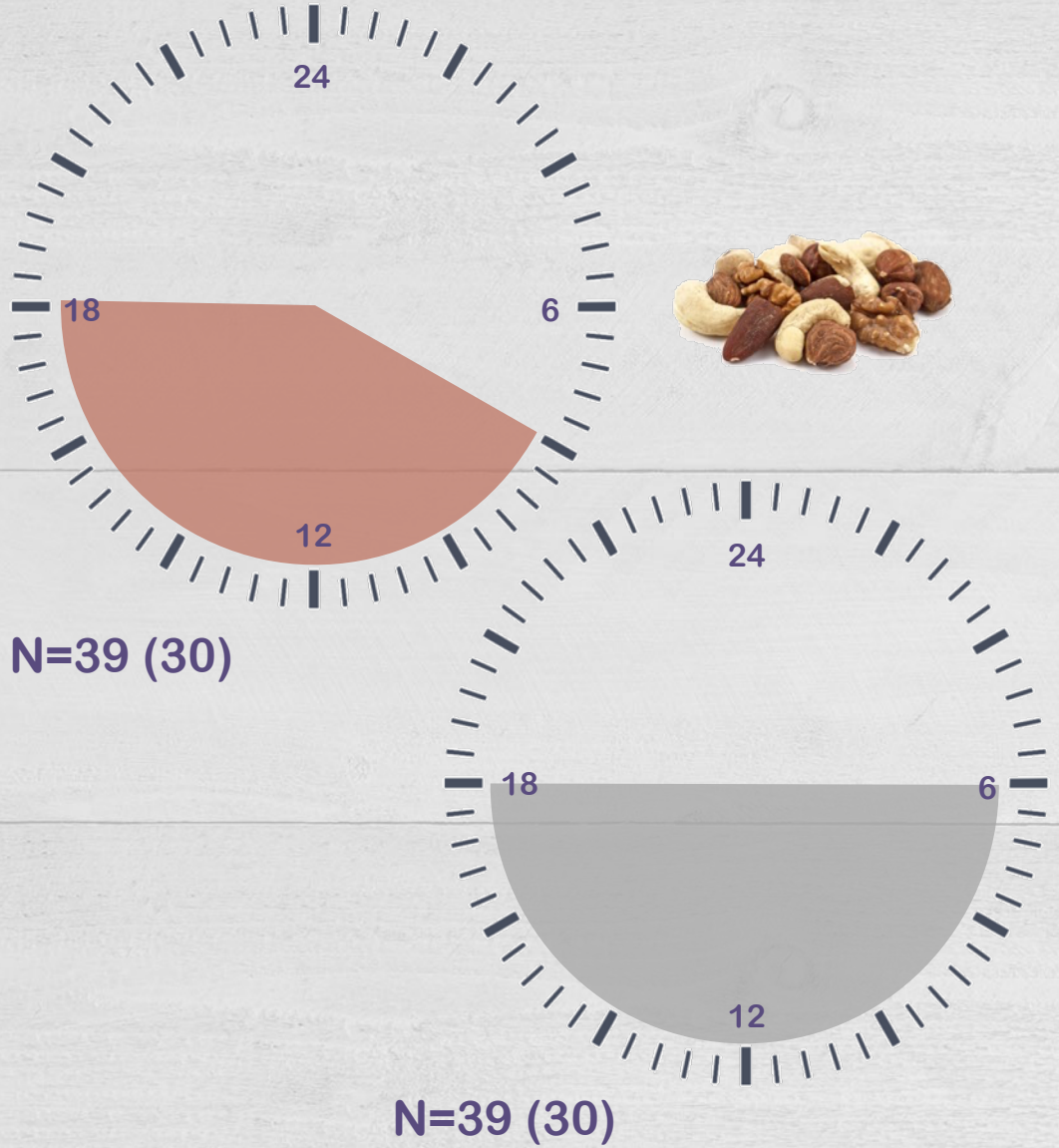
What did the authors do?



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

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What did they find? Body weight

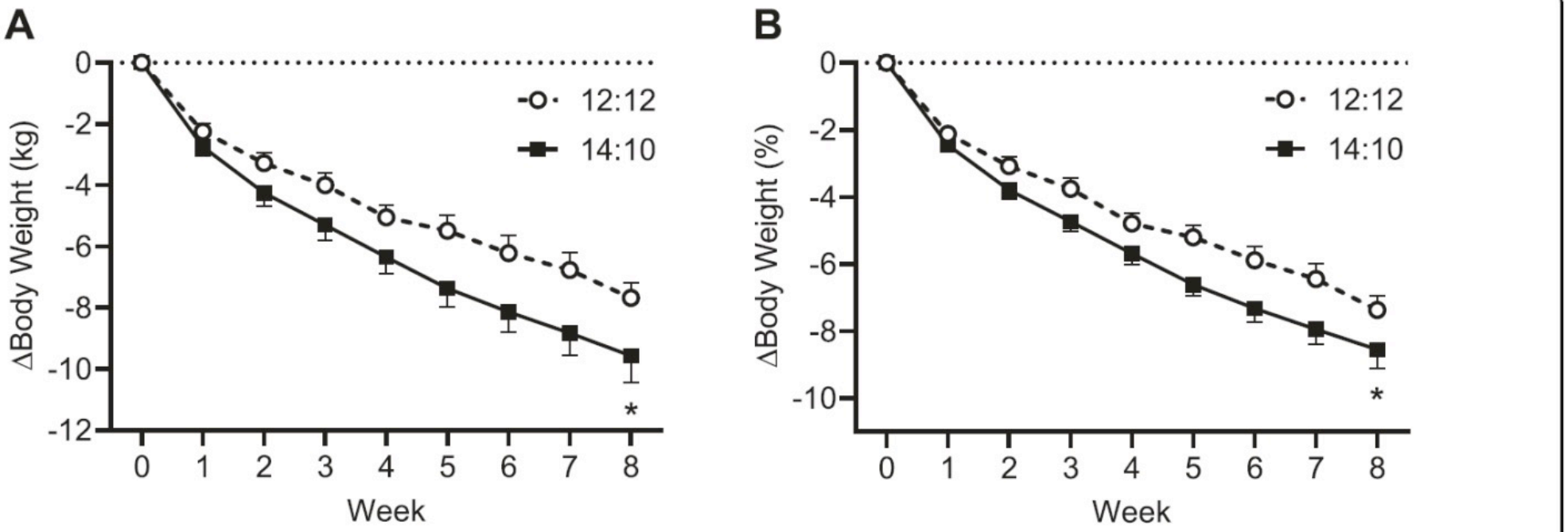

Fig. 2 Change in body weight in study completers. A Change in body weight. **B** Change in percent body weight. Data are mean ± SE for the completer population ($n = 30$). *$P < 0.05$ for comparison of the adjusted LS mean change from baseline to Week 8 in the 14:10 group compared to the 12:12 group.

ITT: changes not statistically different between groups

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What did they find? Blood glucose

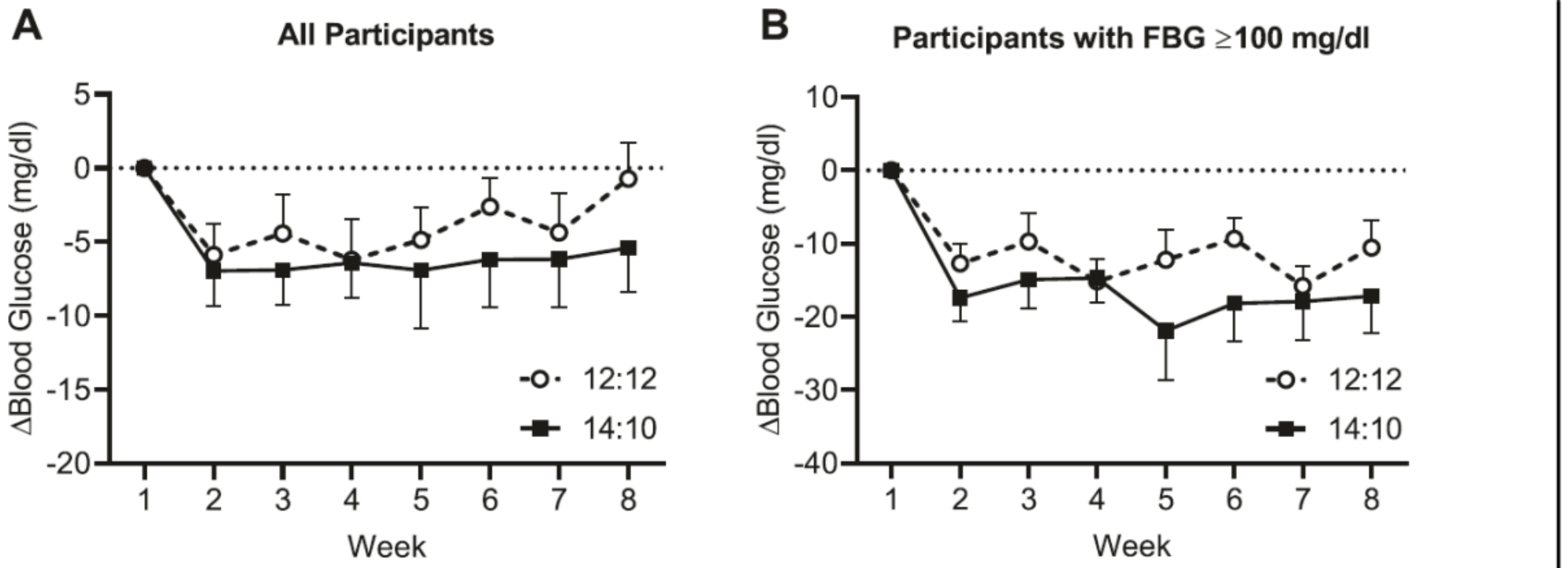

Fig. 3 Change in fasting blood glucose in study completers. A Change in FBG for all participants. Data are mean ± SE for the completer population ($n = 30$). **B** Change in FBG for participants with baseline levels ≥100 mg/dl. Data are mean ± SE for participants in the completer population with a baseline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

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Effect of breaking fast in blood glucose

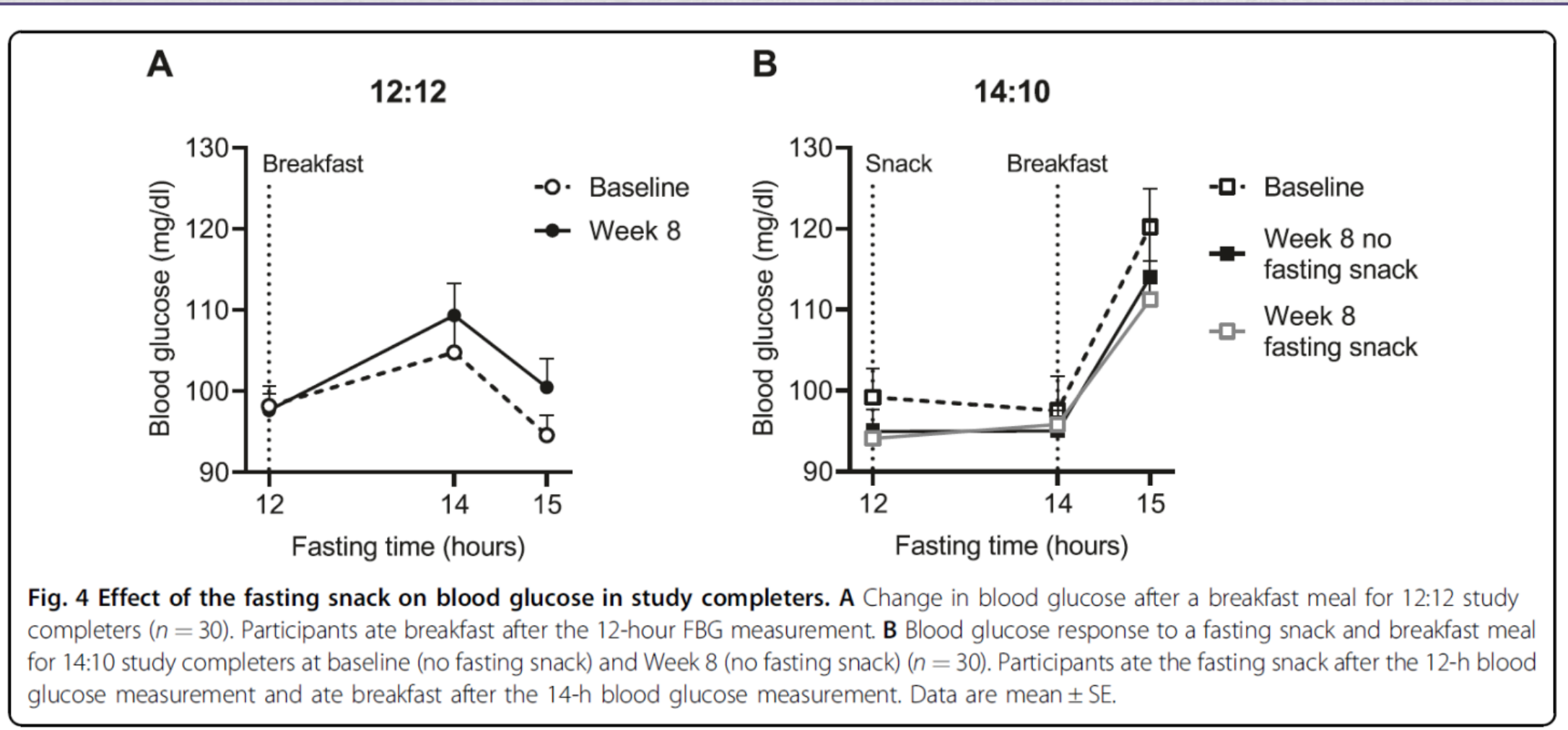

Fig. 4 Effect of the fasting snack on blood glucose in study completers. A Change in blood glucose after a breakfast meal for 12:12 study completers ($n = 30$). Participants ate breakfast after the 12-hour FBG measurement. **B** Blood glucose response to a fasting snack and breakfast meal for 14:10 study 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 ± SE.

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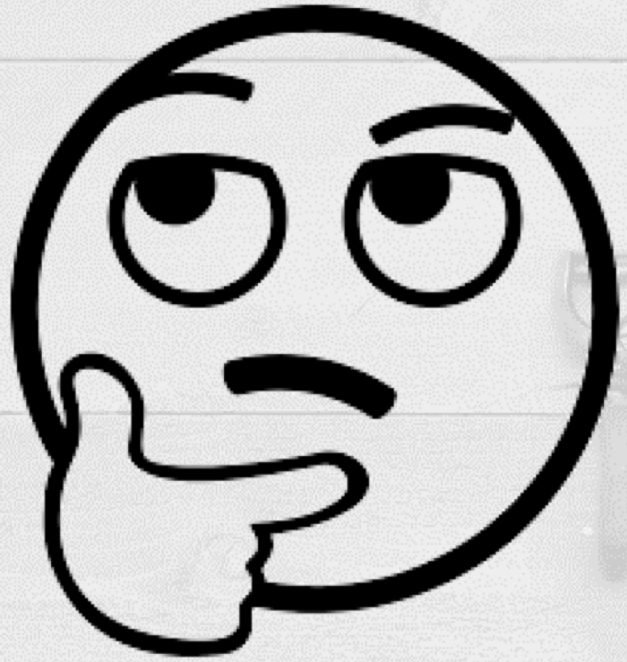
Other aspects to consider



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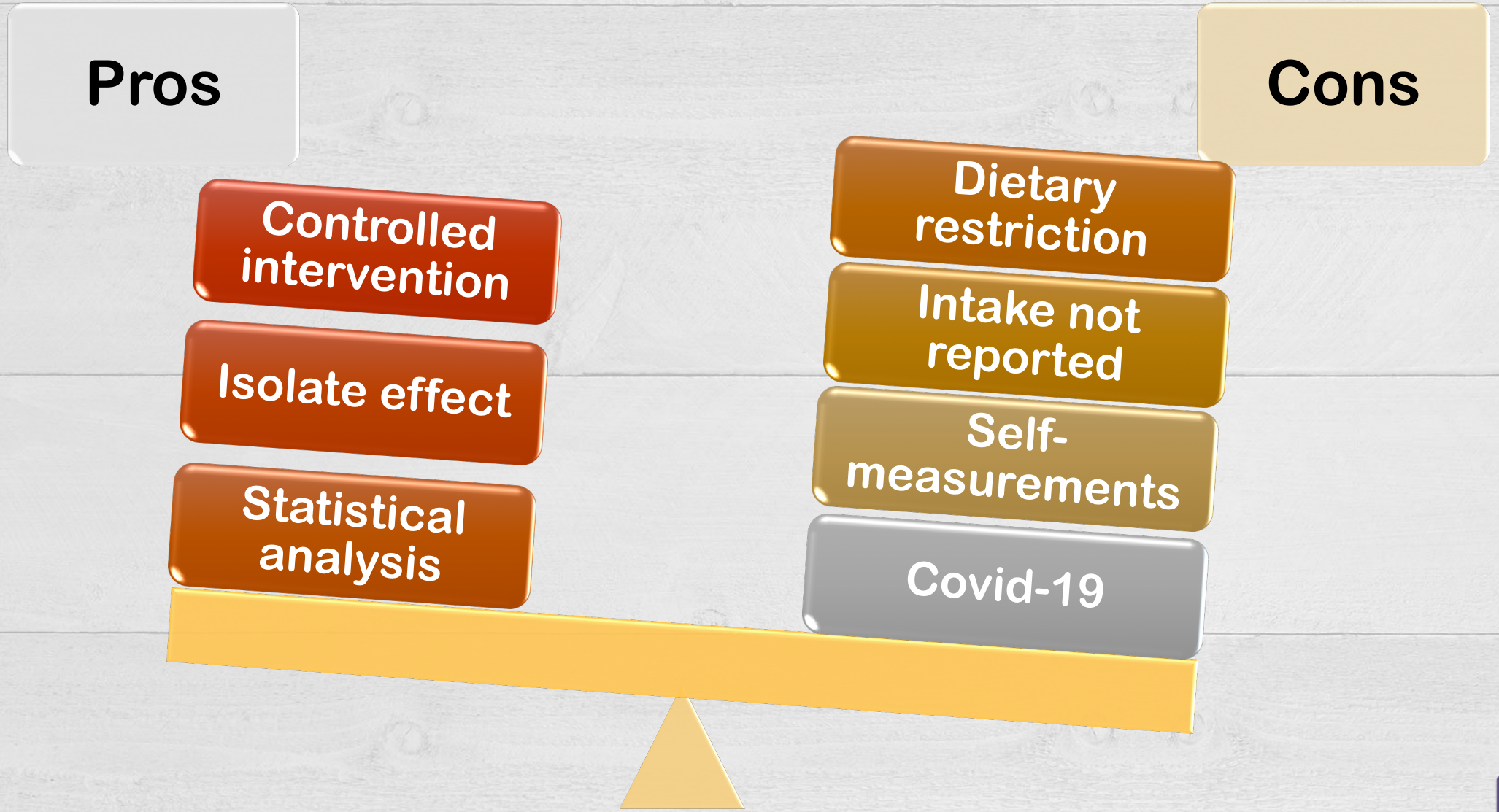
Strengths and Limitations



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How does TRE work?

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What do you think?

Thanks for joining!

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Thank you for joining

Did you benefit from tonight's journal club?
Please share your thoughts on social media

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