

# Comparing TLC and 5:2 Alternating Intermittent Fasting Diet

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## BACKGROUND/THERAPEUTIC CONTROVERSY

5:2 Intermittent Fasting - 5 days normal eating and 2 days fasting

- On fasting days:: Women limit to 500 calories and men to 600 calories Derived from ¼ of women and men daily calorie recommendations
- Found easier to follow than every day fasting
- Not recommended in people:
  - With fasting/eating disorders or underweight
  - Who experience drops in blood glucose or with type 1 diabetes
  - Women who are pregnant/nursing or children

TLC (Therapeutic Lifestyle Changes) Diet

- Helps lower bad cholesterol, raise good cholesterol, reduce triglycerides and reduce risk of heart disease
- Eat less cholesterol, saturated fats, and trans fats
- Recommended to become active (30mins or more a day of moderate intensity)
- Drink plenty of water (8 glasses/day)
- Consult primary care physician before initiating a change in diet

## MICRO – AND MACRONUTRIENTS

5:2 macronutrients and micronutrients

- No strict regulation on intake macro- and micronutrients as long as you are within the caloric restriction on fasting days

TLC macronutrients

- Saturated fat – decrease to < 7% of calories
- Dietary cholesterol – decrease to < 200 mg/day
- Polyunsaturated fat – up to 10% of total calories
- Monounsaturated fat – up to 20% of total calories
- Carbohydrates – 50% to 60 % of total calories
- Protein – approximately 15% of total calories
- Soluble fiber – add 5-10 grams/day
- Plant sterols/stanols - add 2 grams/day

## FOOD GROUPS

- 5:2
  - Fasting days: A generous portion of vegetables, natural yogurt with berries, boiled or baked eggs, grilled fish or lean meat, cauliflower, rice, soups (i.e., miso, tomato, cauliflower or vegetable), low-calorie cup soups, black coffee, tea, still or sparkling water
- TLC
  - Monounsaturated fats: Avocados; olive, canola, and almond oils; peanut butter
  - Polyunsaturated fats: Fatty fish such as salmon, mackerel, herring, and trout; pumpkin and sunflower seeds; soybean, safflower, sunflower, cottonseed, and corn oils
  - Protein: Beans, lentils, seeds, soy products
  - Food to Avoid: Butter, egg yolks, fatty cuts of meat, lard, whole milk dairy products

## RISKS AND LIMITATIONS

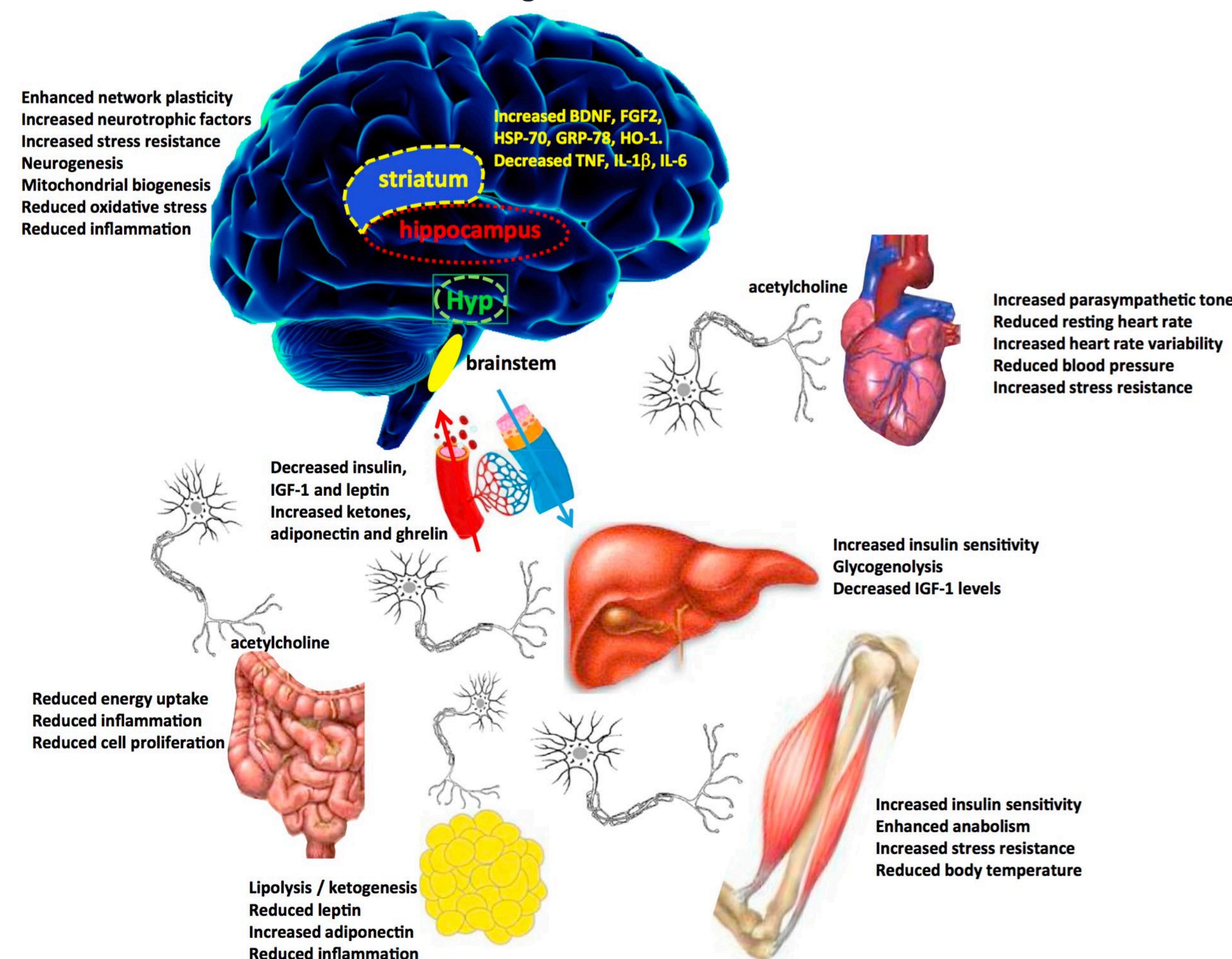
- 5:2:
  - Make sure getting vitamins and minerals on non-fasting days
  - Binging once fast breaks
  - Not making the most out of what calories you have
- TLC:
  - Lack of vitamin B12, calcium, and iron
- Both
  - Self driven

## WHAT TO EXPECT

5:2 Diet	TLC
500-600 calories on fasting days	No exact calorie restriction
High protein foods	Less than 7% of calories from saturated fat
Low calorie soup	Less than 200 milligrams of dietary cholesterol
Vegetables	All fats consumed in one day should not go over 35% of total calories
Rice	Avoid saturated fats: butter, egg yolks, fatty cuts of meat, whole milk, fried foods and sweets

## RESULTS

5:2 Intermittent Diet- Weight Reduction



## RESULTS

TLC Diet- Cholesterol Reduction

- Three nutrients in your diet make low-density lipoprotein cholesterol levels rise:
  1. Saturated fat: Type of fat found mostly in foods that come from animals
  2. Trans fat: Found mostly in foods made with hydrogenated oils and fats such as stick margarine, crackers, and french fries
  3. Cholesterol: Comes only from animal products
- Assistance from cholesterol lowering drugs:
  - Statins, Ezetimibe, bile acid resins, nicotinic acid, and fibrates

## RECOMMENDATIONS

- When recommending a diet, it is important to take into consideration the goals of the patient.
- Both diets are effective at weight loss
- 5:2 intermittent fasting may be easier to follow than a continuous calorie restriction for some people
- 5:2 diet not recommended in people:
  - With fasting/eating disorders or underweight
  - Who experience drops in blood glucose or with type 1 diabetes
  - Women who are pregnant/nursing or children
- TLC diet helps lower bad cholesterol, raise good cholesterol, reduce triglycerides and reduce risk of heart disease
- Overall, TLC is the safest diet for most individuals

## RESOURCES

- <https://thefastdiet.co.uk/>
- <https://www.healthline.com/nutrition/the-5-2-diet-guide>
- <https://www.cardiosmart.org/~media/Documents/Fact%20Sheets/en/abk6159.a.shx>
- <https://www.dietvsdisease.org/tlc-therapeutic-lifestyle-changes-diet/>
- [https://www.nhlbi.nih.gov/files/docs/public/heart/cho\\_l\\_tlc.pdf](https://www.nhlbi.nih.gov/files/docs/public/heart/cho_l_tlc.pdf)
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3946160/>