

The relationship between intermittent fasting and weight loss

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Dear Editor,

I have reviewed the article by Lima et al.¹ entitled “Impact of intermittent fasting on body weight in overweight and obese individuals”. In recent decades, intermittent fasting (IF) is currently a popular strategy for weight loss. Therefore, it is of great evidence-based practice to verify the relationship of IF in the body weight of overweight and obese individuals. The study of Lima et al.¹ makes some valuable contributions. However, I'd like to confirm the details of this article. The authors indicate that table 1 shows 4 papers related to the impact of vitamin D in the glucose profile of pre-diabetic individuals in the headline. In fact, four studies were considered enrolled all assessed the effect of IF in overweight or obese individuals comparing

IF groups with calorie-restrictive diet (CRD) groups but not mentioned the impact of vitamin D in the glucose profile.

In addition, a review of the published literature reported improvements in cardiovascular and metabolic parameters (triglycerides, LDL-cholesterol particle size, blood pressure, fat mass, and C-reactive protein), mood/depression status, and quality of life, even longevity genes expression or DNA damage². Observational studies expanded on the fasting benefited with CAD and diabetes. IF with a high-protein diet is effective for weight loss were reported in few studies but not included vitamin D³. The description of the impact of vitamin D in the glucose profile of pre-diabetic individuals should be addressed in detail or revised.

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