

# Intermittent Fasting vs Ramadhan Fasting

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Intermittent fasting (IF) is becoming more popular as a weight-loss strategy. Many manage to lose weight with this strategy when practising significant calorie reduction with restricted eating periods while fasting.

*But, is intermittent fasting the same as Ramadhan fasting?*

The main similarity is the practice of abstinence from food and drink. However, the difference is in the purpose and goal of the fasting: one is for religious and spiritual reasons, while the other is to lose weight.

**Intermittent fasting:** Eating pattern that alternates between fasting and eating intervals. A more flexible approach that does not require strict food selection and calorie tracking.

**Ramadhan fasting:** Major shift from normal eating patterns to exclusive nocturnal eating (Lessan & Ali, 2019)



## Types of intermittent fasting

Complete Alternate Day Fasting	Fasting days (no foods or liquids consumed) are alternated with eating days. (24 hours)
Modified Fasting Regimens	On fasting days, consume 20–25 % of daily energy needs. The popular 5:2 diet entails extreme energy restriction for two non-consecutive days in a week and eating normally for the remaining five days.
Time-Restricted Feeding	These regimens allow people to consume as much energy as they want within defined time frames, resulting in regular fasting intervals. (day/nightly fasting period- 16-18 hour)
Religious Fasting	Fasting regimes for a religious or spiritual purpose.
Ramadhan Fasting	During the holy months of Ramadhan, people fast from dawn to sunset. The common dietary practice is to consume meals after sunset and before dawn. (Approximately 12 hours in length-vary based on location)

(Patterson et al., 2015)

Two common intermittent fasting regimes:

- 16 hours fasting
- 24 hours fasting, twice per week
- Ramadhan fasting during the holy month of Ramadhan



(Faroq et al., 2021; Aziz, 2020; Patterson et al., 2015)

**Conclusion**

Ramadhan fasting is a part of intermittent fasting with health and spiritual soul benefits.

**References**

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