

**Mayo Clinic Minute: Is intermittent fasting healthful or harmful?**

VIDEO	AUDIO
Jason	Want to lose weight? Just don't eat, right?
<b>Mikel Bryant Dietitian Mayo Clinic</b>	"We're hearing a lot more about intermittent fasting, and it essentially means the voluntary abstinence of food or beverage for a prolonged period of time."
<b>Jason</b>	Mayo Clinic dietitian Mikel Bryant says, while fasting can be a tool that helps some people with weight loss ...
<b>Mikel</b>	"... our body needs a given amount of nutrients every day."
<b>Jason</b>	Denying your body of calories for an extended period of time isn't recommended for anyone who's physically active, pregnant, under 18 or with certain medical conditions like diabetes.
<b>Jason</b>	She says if you're considering fasting as a weight-loss tool, make sure that, when you do eat, you're taking in quality, healthy ingredients – like the proper amount of fruits and vegetables, whole grains and lean protein.
<b>Mikel</b>	"Fasting may not be for everyone. It is worth taking a look at your individual diet, your lifestyle, your behaviors, and seeing if there can be any improvements that can be made."
<b>Jason</b>	For the Mayo Clinic News Network, I'm Jason Howland.