Energy restriction dieting and weight loss: Comparing Intermittent energy restriction versus continuous energy restriction and intermittent fasting, on benefit and harm, between overweight and normal weight subject, review of evidence

Dr. Ling Sien Ngan
Master of Social Sciences (Diplomacy, Security, International Relations), Malaysia

Statement of the Problem:R [illegible]

Methodology Finding:&RPPR [illegible]

This review theme is to compare benefit/risk of IER & CER. IER is preferable for better compliance although both give comparable benefit. To preserve muscle mass, all ER diet must have protein of over 1.2g/kg body weight and exercise simultaneously, especially for normal weight subject.

Recommendation: ER is not the recommended normal lifestyle but invaluable for the obese subject to loss weight, maintain it, compliance with the program in long term and stay healthy. For the normal weight subject it is not recommended to go for energy restricted dieting. Policy maker, NGO and health educator has a