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Here's what you need to know about drinking while intermittent fasting

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A glass of wine is OK while you're on your period of eating. [Flickr / Leonid Mamchenkov](#)

- **Intermittent fasting** has gained popularity over the last couple months.
- When it comes to drinking while intermittent fasting, it's important to not drink alcohol while in your period of fasting.
- Instead, make sure your stomach is full and you are drinking a lot of water.

Intermittent fasting has quickly become a dieting option for many. If you're not familiar with what IF technically is, this type of dieting is an eating pattern that cycles between periods of fasting and eating. And while it has many **pros and cons**, it's easy to see how it has gained the traction that it has as of late.

Though many of the discussions surrounding the topic focus on the quantity and types of foods you can eat, what do you know about drinking while fasting? According to Florencia Tagliavini - nutritionist for **The NutraMilk** there is a lot to know about drinking while fasting.

"For those who choose to try intermittent fasting, one precaution to take is to hydrate well which can significantly alter the results of this diet," she said. Not only will proper hydration aid in fasting by helping to manage hunger pangs and helping your body detoxify, but avoiding dehydration will help avoid headaches, dry mouth, poor athletic performance and difficulty focusing, making this diet sustainable."

If you choose to drink alcohol, do so during your eating window

Although the different types of liquids you can consume will depend on the **type of intermittent fasting** you are doing, if you choose to consume alcohol while doing IF it is recommended to do it during your eating window — not your fasting one. And yes, the reasoning is probably exactly why you're thinking: drinking on an empty stomach will only make you get drunker, faster.

"Alcohol can be absorbed directly into the bloodstream through the stomach. If there is food in there, that slows the absorption a bit," registered dietitian [Ana Reisdorf](#) told INSIDER. "So, if you want to drink and are practicing IF, I would recommend drinking during your eating window and not during the fasting window. If you want to drink alcohol, have a full balanced meal with your beverage or slightly before, to make sure you don't get overly intoxicated."

Whether you choose to drink and how often depends on which intermittent fasting diet you're doing

Though you probably won't be able to binge on pizza, burgers, tacos or any other greasy meal before drinking like you would before a night out on the town, the golden rule about filling your stomach first still stands true. Since there are different types of intermittent fasting that you can go on, however, registered dietitian nutritionist [Kristin Koskinen](#) told INSIDER that knowing which diet you're on can help you discover when and how much you can drink while doing IF.

"If you are following a [16:8 fast](#), you should be able to coordinate your meals with an evening glass of wine or cocktails after work," she said. "Both intermittent fasting and alcohol put greater fluid needs on the body, so be sure to drink plenty of water throughout the day and between adult beverages, if you do choose to imbibe."

So while there is no direct guide to drinking while fasting, the one main rule of thumb by dietitians is to ensure that you've eaten enough food before trying to consume any alcoholic beverages.

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