



How do you end an extended fast?

Most people don't experience any distress when breaking a fast, but some may experience diarrhea, cramping, gas pains, and in rare cases, nausea and vomiting. To reduce your risk of stomach issues after ending a fast, we recommend you don't eat certain food items for your first "break-fast" meal or for the first 12 hours that you resume eating.

These foods to avoid are nuts and nut butters, seeds and seed butters, dairy, eggs, and beef and red meats. You also want to avoid eating raw vegetables. People who are new to fasting are more at risk for having issues when they break their fast than more experienced fasters whose bodies have adapted to flipping back and forth between the fed and fasted states. We recommend you eat some cooked non-starchy vegetables with poultry or fish for your first breakfast meal. You can use all of your regular cooking fats such as butter, ghee, coconut oil, and avocado oil, duck fat, and beef tallow to prepare your meals. Extra virgin olive oil, macadamia nut oil, and MCT oil are also great fats, but you should avoid using them throughout the cooking process.