

Practical Terminology: Time-Restricted Eating (TRE) Plan

The Time-Restricted Eating (TRE) plan or Intermittent Fasting (IF) plan is about adjusting the fasting time interval between the evening meal the previous day and morning meal the following day. The TRE plan terminology is based on the fasting duration in hours between these two meals as follows:

| PLAN | FASTING DURATION | FEEDING DURATION |
|-----------------------|--|-------------------------|
| TRE 12:12 PLAN | 12 hours between dinner and next morning meal | 12 hours daytime |
| TRE 14:10 PLAN | 14 hours between dinner and next morning meal | 10 hours daytime |
| TRE 16:8 PLAN | 16 hours between dinner and next morning-noon meal | 8 hours daytime |
| TRE 18:6 PLAN | 18 hours between dinner meal and next day lunch meal | 6 hours daytime |