

# Weight Loss Methods - Poll of EpicureanFriends Results

**Post by “Pacatus” of November 15, 2023 at 5:47 PM**

I do intermittent fasting: try to get 14-16 hours for two or three days, then have a light breakfast for a day or two. It's comfortable for me because I'm not a big morning breakfast eater anyway. I start at bedtime, have just black coffee in the morning on fast days, and break my fast with a light snack midafternoon. And I try to get enough water (I aim for 64 fluid ounces).

I am also trying to follow more of a Mediterranean diet, and limit bread, pasta, pizza, etc. because I have a mild gluten response and those foods put on the weight fast. But it's a battle because I love breads, pasta, etc. 😭 I try to eat more intact grains. Leafy greens are a tough one for me because I don't like them a lot: salads work best with a light olive oil vinaigrette (with either vinegar or lemon juice, some garlic and herbs).

But I don't follow any strict regimen. I know when I've eaten badly because I feel it right away.

