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The University Of Sydney Page 10 Variations Of Intermittent Energy Restriction >Time-Restricted Feeding (TRF): 8/6/4 Hours Feeding, 16/18/20 Hours Fasting >Alternate Day "Fasting" (ADF): 75% Energy Restriction On 'fast' Day Alternated With A 'feed' Day Mar 5th, 2024

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'A' TYPE 'Z3' TYPE 'B1' TYPE 'B3' TYPE 'B4' TYPE

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