

Chrononutrition and metabolic diseases

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The management of metabolic diseases and obesity should start with lifestyle changes targeting nutrient content, eating behavior and regular physical activity. Medication and bariatric surgery are considered later if these early measures are not sufficient, however they require a clear indication and a close follow-up. Studies in chronobiology are now exploring the metabolic benefits of intermittent fasting i.e., restricting consumption of food items and calorie-containing beverages to a certain window of the 24h cycle, or to certain days of the week/month, thus reinstating the alternance between anabolism and catabolism. However, the current scientific evidence is limited by the sample size and duration of the studies. It is therefore too early for a blanket strategy based on intermittent fasting in all patients with metabolic disorders and obesity.