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**Effects of intermittent fasting
regimens combined with
different diets in diet-induced
obese mice**

Final Degree Project

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Abstract

Caloric restricted (CR) diets and intermittent fasting (IF) regimens can reduce obesity, but the beneficial effects of IF in diet-induced obese mice are still unclear. Here, we hypothesize that effects of IF may be different depend on the IF regimen and the type of diet with which are combined. According to our results, IF regimens have similar metabolic benefits to the continuous CR diet, even in the presence of a high-fat diet scheme. Moreover, there are practically no differences between the combination of CR with IF and a continuous CR regimen or between the different types of IF schemes.

About this project

The present Final Degree Project was done based on the External Practices carried out in the Diabetes and Metabolic Associated Diseases Research Group (DIAMET) from the Pere Virgili Health Research Institute (IISPV) of Joan XXIII University Hospital, Tarragona, Spain, under the mentorship of Dr. Victòria Ceperuelo Mallafré and Dr. Sonia Fernández Veledo and **the results presented here are confidential.**

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