

Tailored for the Biohacking and Intermittent Fasting folks

Insightful foods for the altered metabolism and high expectations of these folks

Trends

Functional Food

Observation

Biohacking.

Intermittent fasting. And other trends that overlap with food and nutrition.

Conclusion

Biohacking is an evolving field. And so its intersections with eating, fasting, etc are open to reinterpretation.

Intermittent FASTING

before 12 pm
fasting window
no milk
no sugar

12 pm - 8 pm
eating window
8 hours fed

after 8 pm
fasting window
ZZZ

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Solution

Given how biohacking, intermittent fasting, special diets, etc are an expanding and evolving trend, foods and beverages producers can optimize their offerings for specific audiences.

I would suggest targeting the intermittent fasting group. For instance, by optimizing the nutrition they consume during their "eating window" and perhaps also the beverages they consume outside their eating window.

Insightful Foods

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Creative's profile



sarkar PRO
Ideator

Third party materials used

<https://www.vectorstock.com/royalty-free-vector/scheme-and-concept-of-intermittent-fasting-eating-vector-23297572>

Creative's top 5 skills

Communication Concept, Service Design, Furniture Design, Product 3D Rendering, Product Design Sketching

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