

OPTIFAST[®] VERY LOW CALORIE DIET



Pre-Bariatric Surgery Patient Information

OPTIFAST VLCD is for the dietary management of obesity.
Must be used under medical supervision.



Pre-Bariatric Surgery Diet

Two to six weeks before bariatric surgery, you may be advised by your healthcare professional to commence a pre-bariatric surgery diet.

Why is this diet necessary?

The pre-bariatric surgery diet prescribed is usually a Very Low Energy Diet (VLED), which is known as the Intensive Level of the OPTIFAST VLCD Program. The aim of the diet is to improve the safety of surgery by reducing the size of the liver, as well as fat around the organs, to allow greater access to the surgical area.

A VLED is designed to meet your nutritional requirements, whilst being low in carbohydrates and providing less than 800kcal per day. Following a VLED program for as little as 2 weeks prior to bariatric surgery has been shown to result in a reduction of liver size, reduction of fat tissue and weight loss, therefore making the bariatric surgery easier for your surgeon and a safer procedure which you will recover from more quickly afterwards.¹



Reference: 1. Colles, S., et al., *Am J Clin Nutr*, 2006. 84: p. 304-311.

What does the diet involve?

You will be required to replace all your meals with three OPTIFAST VLCD products per day (choosing either OPTIFAST VLCD Shakes, Bars, Desserts, Soups or a combination of these products), in addition to 2 cups of low starch vegetables, 1 teaspoon of oil and 2 litres of calorie free fluids.

INTENSIVE LEVEL < 800 Calories Daily

3 OPTIFAST VLCD Products

≥2 Cups of Low Starch Vegetables[†]
+ 1 tsp of Vegetable Oil per day

2 Litres of Water

[†]See allowed low starch vegetables in the 'Allowed Vegetables' table.

It is important to follow the Permitted Vegetable and Condiment List (on pages 6–7 of this booklet) to maintain a low carbohydrate intake, enabling your body to utilise fat stores as a source of energy. This is known as 'ketosis'. Recipe Inspiration can be found on pages 8–10 of this booklet.

The Three Day Challenge

Some people can experience some mild side effects during the first few days of following the Intensive Level of the OPTIFAST VLCD Program such as:

- Tiredness
- Nausea
- Constipation/diarrhoea
- Headaches
- Hunger
- Poor concentration

These side effects normally resolve by day 4, when you achieve the mild state of ketosis.



Sample Meal Plans for the Intensive Level

Meals	Sample Meal Plan 1	Sample Meal Plan 2	Sample Meal Plan 3
Breakfast	1 OPTIFAST VLCD Shake	1 OPTIFAST VLCD Shake	1 OPTIFAST VLCD Shake
Morning Tea	½ OPTIFAST VLCD Bar Tea /coffee (either black or with up to 30mL of skim milk and no sugar)	Tea /coffee (either black or with up to 30mL of skim milk and no sugar)	Tea /coffee (either black or with up to 30mL of skim milk and no sugar)
Lunch	1 OPTIFAST VLCD Soup	1 OPTIFAST VLCD Bar	1 OPTIFAST VLCD Shake
Afternoon Tea	½ OPTIFAST VLCD Bar Tea /coffee (either black or with up to 30mL of skim milk and no sugar)	1 cup of low starch vegetables	Vegetable sticks
Dinner	2 cups of low starch salad or vegetables with 1 tsp of vegetable oil and other allowed condiments	1 OPTIFAST VLCD Soup plus 1 cup of low starch salad or vegetables with 1 tsp of vegetable oil and other allowed condiments	2 cups of low starch salad or vegetables with 1 tsp of vegetable oil and other allowed condiments
Supper	Herbal Tea 125mL of diet jelly	Herbal Tea	1 OPTIFAST VLCD Dessert
Total Nutrient Intake	781 calories 62g protein 69g carbohydrate	777 calories 61g protein 68g carbohydrate	765 calories 64g protein 67g carbohydrate

Permitted Vegetable and Condiment List

Allowed				Avoid
Low starch vegetables				
Alfalfa sprouts	Carrots (30-40g)	Lettuce (all types)	Snow peas	Corn
Asparagus	Cauliflower	Leeks	Spinach	Green peas
Bean sprouts	Celery	Mushrooms	Squash	Legumes
Beetroot (30-40g)	Cucumber	Onions	Tomatoes	Lentils
Bok Choy	Eggplant	Radish	Watercress	Potato
Broccoli	Green beans	Shallots	Zucchini	Sweet potato
Brussels sprouts	Konjac noodles	Silver Beet		Parsnip
Cabbage	(Slendier/Slim Pasta range)			Pumpkin
Capsicum				Turnip

Visit optifast.com.au for some more recipe inspiration, or spice up your vegetables by incorporating a permitted condiment.

Additional Low Energy Foods

Allowed				Avoid
Soups				
Stock cubes	Bonox (in moderation)	Vegetable soups made from allowed vegetables	Miso soup	All other soups
Additional Low Energy Foods				
Artificial sweeteners*	Sugar free lollies and gum (1-2 pieces per day) [†]	Diet jelly (125g Flavour essences (½-1 tsp); Diet topping (1-2 tsp)		

*Excessive consumption of artificial sweeteners can cause gastro upset and should be consumed in moderation.

[†]Some diet lollies will contain calories that if consumed in large amounts may affect your weight loss.

Beverages

Allowed				Avoid
Low energy drinks				
Water Soda water	Diet soft drinks and cordial Plain mineral water	Tea and coffee (no or 30mL skim milk and no sugar)	Herbal Teas	Fruit juice Alcohol Soft drinks Cordial

Permitted Condiments and Sauces

It is important to choose condiments and flavourings which have a low carbohydrate, low calorie and low fat content. To help you, we have put together a list of suitable herbs, spices and sauces below.

Allowed				Avoid
Herbs and Spices				
All spice Basil Celery flakes Chilli Chives Cinnamon Cloves	Coriander Cumin Curry powder Dill Fennel Garlic Ginger	Lite salt Mint Mustard seed Nutmeg Oregano Paprika Parsley	Pepper Rosemary Sage Thyme Turmeric Tarragon	
Sauces and Condiments				
2 tsp / 10mL Woolworths Fat Free Italian Dressing 3 tsp / 15mL Praise Fat Free Italian Dressing 2 tsp / 10mL Woolworths 99% Fat Free French Dressing 2 tsp / 10mL Praise Fat Free French Dressing	2 tsp / 10mL Woolworths 99% Fat Free Italian Balsamic Dressing 3 tsp / 15mL Praise Fat Free Thousand Island Dressing 2 tsp / 10mL Fountain No Added Sugar Tomato Sauce	4 tsp / 20mL MAGGI Fish Sauce 4 tsp / 20mL MAGGI Seasoning Sauce 1-2 tsp / 5-10mL Tabasco Sauce 4 tsp / 20mL Nandos Peri Peri Hot Sauce 1 tsp / 5g Chilli Paste 3 tsp / 15mL Soy Sauce	3 tsp / 15mL Tomato Paste 2 tsp / 10mL Masterfoods Hot Chilli Sauce 1 tsp / 5g Mustard Lemon and lime juice (as required) Vinegar (as required) Worcestershire Sauce (as required)	Cream Butter sauces High calorie simmer sauces and dressings

Nutritional information correct on 5 September 2019.

Recipe Inspiration:

Mexican Vegetables

2
SERVES



Ingredients	To make
Vegetable oil spray	• Spray non-stick pan with oil and add vegetables.
1 garlic clove (crushed)	• Cook until slightly soft.
1/4 of an onion	• Sprinkle with taco powder to taste and add the water.
1/3 capsicum	• Simmer a few minutes further or until cooked to your liking.
2 diced mushrooms	
0.5 zucchini	
1 tomato finely diced	
3 cauliflower florets chopped finely	
1 tbsp reduced salt taco powder	
0.25 cup water	

Roasted Cherry Tomatoes with Asparagus and Lemon

4

SERVES



Ingredients

2 punnets cherry tomatoes

24 spears asparagus,
cut into 6cm pieces

1 tsp olive oil

1 tbsp pickled lemon thyme leaves

100 g rocket

To make

- Preheat oven to 200°C.
- Place tomatoes, asparagus, oil and thyme in a large bowl and mix well.
- Lightly season.
- Transfer to an ovenproof dish and bake for 10 minutes, or until tomatoes start to split.
- Remove from oven and toss vegetables through rocket.
- Serve immediately.

Recipe Inspiration:

BBQ Vegetable Kebabs

4
SERVES



Ingredients

8 skewer sticks
1 medium red onion
1 red capsicum
1 green capsicum
8 button mushrooms
1 medium zucchini
1 small eggplant
1 punnet cherry tomatoes
2 tablespoons balsamic fat free dressing
2 teaspoons olive oil
1 clove garlic, crushed

To make

- Soak skewer sticks in cold water whilst preparing vegetables.
- Arrange vegetables on skewers.
- Combine dressing, garlic and olive oil and brush it over vegetables.
- Barbeque for about 10 minutes turning skewers and brushing with remaining dressing.

After Surgery:

Following your bariatric procedure, you may be asked to continue to consume OPTIFAST VLCD products as they are nutritionally complete. Your dietitian will advise you what is appropriate as you progress from a clear fluid diet through to a solid diet again over a few weeks. OPTIFAST VLCD Shakes, Soups and Desserts are all suitable to be used during “full-fluid” diet stages unless you are otherwise advised by your healthcare professional.

Comment from your Healthcare Professional regarding your program:



OPTIFAST VLCD Product Range

You can purchase OPTIFAST VLCD products from selected pharmacies throughout Australia or online at the OPTIFAST VLCD website.



OPTIFAST VLCD ProteinPlus Shakes

High Protein Shakes

Available in Vanilla Flavour and Chocolate: 10 x 63g Sachets.

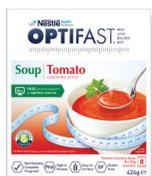


OPTIFAST VLCD Shakes

Available in Vanilla, Strawberry, Caramel, Banana and Chai Flavours, Chocolate, Coffee and Mocha: 12 x 53g Sachets.

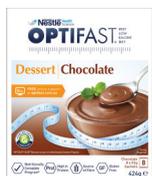
Assorted Shakes Pack: 10 x 53g Sachets.

Vanilla Flavour and Chocolate: 18 x 53g Sachets.



OPTIFAST VLCD Soups

Available in Chicken, Vegetable and Tomato Country Style: 8 x 53g Sachets.



OPTIFAST VLCD Desserts

Available in Chocolate and Lemon Crème flavours and Chocolate: 8 x 53g Sachets.



OPTIFAST VLCD Bars

Available in Chocolate: 6 x 70g Bars.

Berry Crunch and Cappuccino Flavours and Cereal with Cranberry: 6 x 65g Bars.

Assorted Bars Pack: 2 x 70g, 4 x 65g Bars.

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