

Permitted food, drinks and condiments list for meal inspirations

There are additional low calorie foods allowed whilst following the OPTIFAST VLCD Program, which can add variety to your meals and assist in compliance.

See below for a list of the additional allowances permitted during the OPTIFAST VLCD Program.



Low Starch Vegetables

The recommended allowed vegetables on the OPTIFAST VLCD Program are low starch or low carbohydrates and also low calorie. The table below lists what vegetables are recommended whilst on the OPTIFAST VLCD Program. The OPTIFAST VLCD Program calls for at least 2 cups a day of allowed vegetables, but increasing that quantity makes little difference to your weight loss as long as you are sticking to the list of recommended allowable vegetables.

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

Visit optifast.com.au for some 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

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

Miscellaneous

Allowed				Avoid
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.

Permitted Condiments

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

Allowed				Avoid
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.



For more information visit www.optifast.com.au

OPTIFAST VLCD is for the dietary management of obesity and must be used under medical supervision. Speak to your healthcare professional to find out if the OPTIFAST VLCD Program is suitable for you.

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