

# OPTIFAST<sup>®</sup>

VERY LOW CALORIE DIET



Serving  
Suggestion

## Your journey starts here

[optifast.com.au](https://www.optifast.com.au)

OPTIFAST VLCD is for the dietary management of overweight and obesity and must be used under the supervision of a healthcare professional.

# Congratulations!

You have taken the next step  
to a healthier life.

The OPTIFAST Program contains all of the essential nutrients required for safe and effective weight loss.

However, the OPTIFAST Program is not just about the products in our range. We provide **FREE support** via our website and the **OPTIFAST My Program App**, to help you achieve your goals one step at a time.

To learn more about our program, please read this leaflet and download our free app to help guide you on your journey to a healthier future.

Download the OPTIFAST  
My Program App to get started



More information  
available at  
[optifast.com.au](http://optifast.com.au)

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# What is the OPTIFAST Program?

**The OPTIFAST Program is a very low calorie diet program, designed to help you achieve safe and effective weight loss with the inclusion of specially formulated products.**

The OPTIFAST Program is structured into four levels: three levels for active weight loss, and one level for weight maintenance. Where appropriate, we encourage people to start on the Intensive Level as this is where the greatest weight loss occurs.

For more gradual weight loss, you can choose to replace either one or two meals each day. Importantly, the program is flexible, so you can move between levels as your goals or lifestyle needs change over time. Once you have achieved your weight loss goals, you can move into the Maintenance Level.

Your healthcare professional will advise you if the OPTIFAST Program is suitable for you and if so, which part of the program you should start on.

## **Who is the OPTIFAST Program suitable for?**

- People with a BMI  $\geq 30$
- People with a BMI  $\geq 27$  and associated health conditions
- Waist circumference  $>102\text{cm}$  in men or  $>88\text{cm}$  in women.

## **Who should not use the OPTIFAST Program?**

- People with acute heart disease, advancing renal disease, advanced hepatic disease or overt psychosis
- Individuals who are pregnant or breastfeeding.

If you are 65 years of age or have existing medical conditions, speak to your healthcare professional to discuss suitability and modifications to ensure that the program is suited to you.

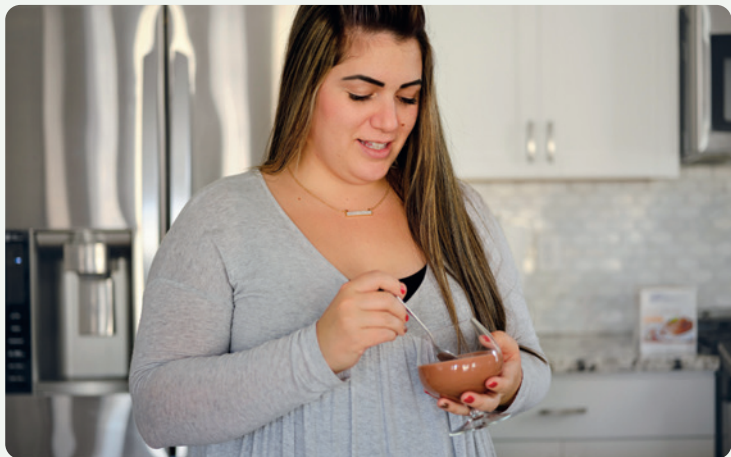


# How does the OPTIFAST Program work?

Weight loss with the OPTIFAST Program works by restricting carbohydrate and energy intake to less than 800 calories per day when on the Intensive Level, which is known as a Very Low Calorie Diet or Very Low Energy Diet (VLCD or VLED).

It induces a mild ketosis, meaning your body starts to use fat as an energy source, and this is achieved by consuming specially formulated OPTIFAST VLCD products (very low energy foods) and low-starch vegetables. As you move through the levels of the OPTIFAST Program, weight loss continues through energy restriction with the consumption of OPTIFAST VLCD products, vegetables and balanced meals.

Very low calorie diets have been shown to be highly effective in the management of obesity. Very Low Calorie Diets have been shown to result in an average weight loss of approximately 1.0– 2.5kg per week, over 12 weeks.<sup>1,2</sup>



**References:** 1. Delbridge, E. & Proietto, J. Asia Pac J Clin Nutr, 2006;15(Suppl):49–54. 2. Mustajoki, P. & Pekkarinen, T. Obes Rev, 2001;(2):61–72

REPLACE  
**3**  
MEALS

#### LEVEL: INTENSIVE (UP TO 12 WEEKS) <800 calories

Consume **any three OPTIFAST VLCD products per day** to replace all meals plus two cups of low starch vegetables<sup>†</sup>, with a teaspoon of vegetable oil. For individuals with a BMI >35 or have any comorbidities, please consult your healthcare professional for further advice before commencing the Intensive Level.

REPLACE  
**2**  
MEALS

#### LEVEL: ACTIVE 2 ~1000 calories

Consume **any two OPTIFAST VLCD products per day** along with one low-calorie meal\*. You should also have one serve of fruit (around 50–70 calories each) and one serve of dairy (around 100 calories). Low starch vegetables should also be continued.

REPLACE  
**1**  
MEAL

#### LEVEL: ACTIVE 1 ~1200 calories

Consume **any one OPTIFAST VLCD product per day** along with two low-calorie meals\*. You can have two serves of fruit (around 50–70 calories each) and one serve of dairy (around 100 calories). Low starch vegetables should also be continued.

WEIGHT  
**M**  
MAINTENANCE

#### LEVEL: MAINTENANCE ~1500 calories

On this level, the OPTIFAST VLCD products are eliminated, and three low-calorie meals\* as well as two serves of fruit and one serve of dairy is consumed.

Whilst on the OPTIFAST Program, it is important to take an additional two litres of calorie-free fluid each day (preferably water) plus two cups of low starch vegetables<sup>†</sup> (can be cooked or raw). A program of regular light exercise enhances wellbeing, and therefore likelihood of success.

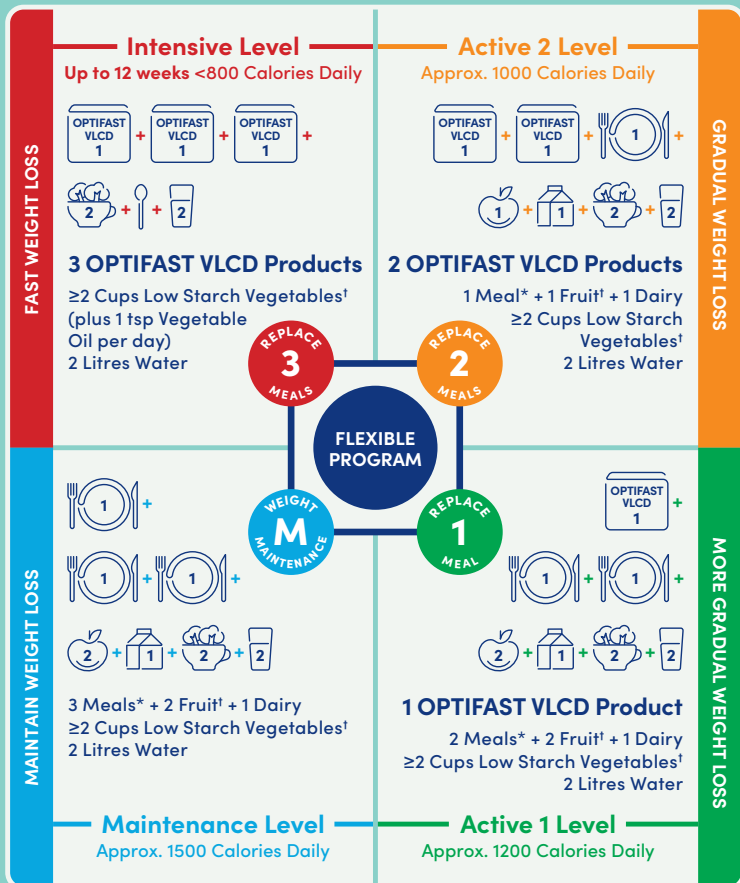
For further information about the OPTIFAST Program and low-calorie meal ideas, visit [optifast.com.au](http://optifast.com.au)

\*Meals should equal approximately 350 calories each.

† See 'Additional Foods' table for allowed low starch vegetables and fruit.

# OPTIFAST Program

The OPTIFAST Program can be modified to suit individual requirements.



Suggested Weight Management Plan

\*Meals should equal approximately 350 calories each.

† See 'Additional Foods' table for allowed low starch vegetables and fruit.

# Medical Musts

Medical supervision is important and can assist you with your weight goals.

1. See a healthcare professional – such as a doctor, dietitian, pharmacist or hospital specialist before you start the OPTIFAST Program, and at least twice per month while you are on the program. If you feel unwell at any time, consult your doctor promptly.
2. Inform your healthcare professional of all your regular medications. Do not take any other medications or supplements without your doctor's approval.
3. If you take medication for high blood sugar, high blood pressure, high cholesterol or if you are on lithium therapy, you may require a reduction in dose or withdrawal of treatment while following the OPTIFAST Program. Do not stop medications on your own. Your doctor will need to monitor your medication carefully while you are on the OPTIFAST Program.
4. Do not use the OPTIFAST Program if you are pregnant, likely to become pregnant during the program or if you are breastfeeding. The OPTIFAST Program is not recommended for persons below 18 years or over 65 years. Please speak to your healthcare professional to discuss options if you wish to do the program.
5. If you have had gout, porphyria, or gall bladder, heart, kidney or liver problems, discuss suitability of the program with your healthcare professional.
6. Adhere to the OPTIFAST Program recommended by your healthcare professional. Please consult your healthcare professional before commencing the Intensive Level.
7. Drink at least two litres of water per day in addition to your OPTIFAST VLCD products – more in warmer weather. In addition to this, you may also have mineral water or diet soft drinks. Avoid alcohol, and limit caffeine drinks (coffee, tea, colas).



This booklet provides general guidance only.

Please consult your healthcare professional to determine whether the program is suitable for you.

# Additional Foods

Additional daily food allowance during the OPTIFAST Program.  
See website for further information regarding different levels.

	ALLOWED			AVOID <sup>†</sup>
<b>VEGETABLES</b> All Levels – Low Starch and Green	<b>ALL LOW STARCH AND GREEN VEGETABLES:</b> <ul style="list-style-type: none"> <li>• Alfalfa Sprouts</li> <li>• Asparagus</li> <li>• Bean Sprouts</li> <li>• Beetroot (30–40g)</li> <li>• Bok Choy</li> <li>• Broccoli</li> <li>• Brussels Sprouts</li> <li>• Cabbage</li> <li>• Capsicum</li> <li>• Carrots (30–40g)</li> <li>• Cauliflower</li> <li>• Celery</li> <li>• Cucumber</li> <li>• Eggplant</li> <li>• Green Beans</li> <li>• Konjac Noodles (Slendier/Slim Pasta range)</li> <li>• Leeks</li> <li>• Lettuce (all types)</li> <li>• Mushrooms</li> <li>• Onions</li> <li>• Radish</li> <li>• Shallots</li> <li>• Silver Beet</li> <li>• Snow Peas</li> <li>• Spinach</li> <li>• Squash</li> <li>• Tomatoes</li> <li>• Watercress</li> <li>• Zucchini</li> </ul>			<ul style="list-style-type: none"> <li>• Corn</li> <li>• Green Peas</li> <li>• Legumes</li> <li>• Lentils</li> <li>• Parsnip</li> <li>• Potato</li> <li>• Pumpkin</li> <li>• Sweet Potato</li> <li>• Turnip</li> </ul>
<b>FRUIT</b> Active 2 Level onwards only** (one serve = 50–70 calories)	<ul style="list-style-type: none"> <li>• Apple (1 small)</li> <li>• Apricots (2)</li> <li>• Canned fruit in natural juice (120g)</li> <li>• Cherries (15)</li> <li>• Grapes (½ cup)</li> </ul>	<ul style="list-style-type: none"> <li>• Lychees (4)</li> <li>• Mandarin (1–2)</li> <li>• Orange (1)</li> <li>• Passionfruit (4)</li> <li>• Peach (1)</li> <li>• Pear (1 small)</li> </ul>	<ul style="list-style-type: none"> <li>• Pineapple (2 slices)</li> <li>• Plums (2)</li> <li>• Prunes (3)</li> <li>• Rhubarb (200g)</li> <li>• Strawberries (1.5 punnets)</li> </ul>	<ul style="list-style-type: none"> <li>• Dried Fruit</li> <li>• Fruit Juice</li> </ul>
<b>LOW-FAT DAIRY</b> Active 2 Level onwards only** (one serve = 100 calories)	<ul style="list-style-type: none"> <li>• Cottage Cheese (½ cup)</li> <li>• Reduced Fat Hard Cheese (30g)</li> <li>• Low-Fat Ice Cream (1 scoop)</li> </ul>	<ul style="list-style-type: none"> <li>• Low-Fat Milk (250mL)</li> <li>• Low-Fat Yoghurt (1 small tub ~150g)</li> </ul>	<ul style="list-style-type: none"> <li>• Full-Cream Dairy</li> </ul>	
<b>OTHER</b> All Levels	<ul style="list-style-type: none"> <li>• Calorie-free fluids (water, tea and diet drinks)</li> <li>• Miso and Soups prepared from allowed vegetables listed above</li> <li>• Sauces and condiments (small amounts)</li> <li>• Spices and herbs</li> </ul>			<ul style="list-style-type: none"> <li>• Alcohol</li> <li>• Fruit Juice</li> <li>• Sugar</li> <li>• Sweetened Drinks</li> </ul>

**IMPORTANT:** \*\*Fruit and low-fat dairy are not allowed during the Intensive Level of the program.

<sup>†</sup>Vegetables listed in AVOID can be consumed in small quantities in Levels Active 2, 1 and Maintenance as part of your calorie-controlled meal, but not in the Intensive Level.

For a more comprehensive list and detailed information on food allowances, please visit [optifast.com.au](http://optifast.com.au)



# Program Information

## USAGE

The OPTIFAST Program is intended for the dietary management of overweight and obesity. OPTIFAST VLCD products are specially formulated very low energy food products designed to be consumed as part of the OPTIFAST Program.

## NOT RECOMMENDED FOR USE

- Pregnancy
- Lactation (breastfeeding)
- Renal disease
- Recent myocardial infarction
- Liver disease
- Under 18 years
- Porphyrria

Individuals that fall under any category listed here but wish to go on the OPTIFAST Program must speak to their healthcare professional for individual advice.

## PRECAUTIONS

- Over 65 years
- Gallstones
- Gout
- Those trying to conceive
- Pancreatitis

Individuals that fall under any category listed here but wish to go on the OPTIFAST Program must speak to their healthcare professional for individual advice.

Those receiving medication for diabetes, hypertension, hyperlipidaemia or those on lithium therapy may require a reduction in dose or withdrawal of treatment while on a very low calorie diet as directed by your healthcare professional. They must be monitored carefully whilst on the OPTIFAST Program, and blood monitoring may be required.

**Alcohol should not be consumed while on the OPTIFAST Program.**

## MONITORING

At the commencement of the program, individuals should be checked for normal renal and hepatic function and thereafter regular checks for weight, blood pressure and urinalysis by their doctor.

## ADVERSE REACTIONS

Initial transient effects have been observed: sensitivity to cold, dry skin, temporary rash, temporary hair loss, postural hypotension, fatigue, diarrhoea, constipation, muscle cramps, halitosis, irritability, menstrual disturbances. These are generally insufficient in magnitude or duration to warrant cessation of the program but check with your doctor. In some rare cases, numbness and the appearance of previously unsuspected gallstones have been reported. Rapid weight loss occasionally leads to higher serum uric acid levels and might precipitate an acute attack of gout in a predisposed individual. This may be ameliorated by ensuring adequate fluid intake and including one teaspoon of vegetable oil with two cups of additional vegetables. Always check any adverse symptoms with a doctor. Although the OPTIFAST Program contains adequate electrolytes for the needs of most individuals, some individuals may become hyponatraemic or hypokalaemic, especially if they are receiving diuretic therapy. In such circumstances, electrolyte supplements may be required as directed by your healthcare professional.

# Product Information

## PRODUCT INSTRUCTIONS

See sachet for preparation instructions for Shakes, Desserts and Soups.  
Each OPTIFAST VLCD product is designed to replace one meal.

## OPTIFAST VLCD PRODUCTS

The OPTIFAST VLCD product range comes in a variety of products including Shakes, Desserts, Soups and Bars, providing essential nutrients for safe weight loss while on the OPTIFAST Program.

## PRODUCT RANGE

### OPTIFAST VLCD Protein Plus Shakes:

- Creamy Vanilla Flavour
- Rich & Thick Chocolate
- Classic Coffee Flavour

### OPTIFAST VLCD Shakes:

- Vanilla Flavour
- Chocolate
- Strawberry Flavour
- Caramel Flavour
- Banana Flavour
- Chai Flavour
- Coffee
- Mocha
- Assorted

### OPTIFAST VLCD Desserts:

- Lemon Crème Flavour
- Chocolate

### OPTIFAST VLCD Soups:

- Chicken Flavour
- Tomato Country Style
- Potato & Leek

### OPTIFAST VLCD Bars:

- Berry Crunch Flavour
- Cappuccino Flavour
- Cereal with Cranberry
- Chocolate
- Assorted





**The OPTIFAST Program is scientifically designed to help you achieve effective weight loss with a flexible program and comprehensive range of complete nutrition products.**

**For more information visit [optifast.com.au](https://optifast.com.au)**



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Prepared in December 2023.

