

VLED program – replacing 2 meals

What is a Very Low Energy Diet (VLED)?

A VLED works by reducing your energy intake while still giving your body enough nutrition for safe weight loss.

A VLED product can be used to **replace** one, two or three meals each day, depending on your weight loss goals and lifestyle.



How does the VLED program work?

The program works by restricting carbohydrate in your diet. Your body then uses fat for energy, which produces ketones. Ketones help reduce your appetite.

When using 2 meal replacements you may not develop ketones and experience the appetite reduction effects. This will depend on what foods and portions you choose in addition to the two meal replacement products.

Will I be hungry?

It is likely you will be hungry as you will be reducing your energy intake. You can help manage your hunger by:

- Consuming at least 2 big handfuls of low carbohydrate vegetables at your meals, or for snacks.
- Choosing higher fibre carbohydrate foods like wholegrain and wholemeal bread, brown rice, wholegrain pasta.
- Have protein with your meals, see the balanced meal plate guide for more information.
- Use a fibre supplement like those listed, or add high fibre foods such as chia seeds or psyllium husks to your meals and snacks.



Metamucil



Benefiber

Drinking water and including a fibre supplement such as Metamucil, Benefiber, Fiber One or psyllium husk can help reduce constipation. Extra fibre can also increase your feeling of fullness.

Medication

You may need to change your medications before starting or during a VLED program. Talk to your health professional if you are taking medication for diabetes or blood pressure.

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Recommended VLED products

Optifast

(NOT Protein Plus Shakes)

Shakes: Banana, Caramel, Chai, Chocolate, Coffee, Strawberry, Vanilla, Mocha

Bars: Berry Crunch, Cappuccino, Cereal, Chocolate, Almond Butter and Date

Soups: Chicken Flavour, Country Style Tomato, Vegetable

Desserts: Chocolate, Lemon Crème

Purchase: Online: www.optifast.com.au

Stores: AMCAL, Chemist Warehouse, My Chemist, Priceline, Terry White
Amazon AUS www.amazon.com.au



Optislim

(Regular VLCD range only)

Shakes: Banana, Chocolate, Espresso, Strawberry, Vanilla, Salted Caramel

Bars: Caramel Crunch, Choc Berry Crunch, Choc Fudge, Cookies and Cream, Mocha

Soups: Creamy Chicken, Pumpkin, Tomato

Purchase: Online: www.optislim.com.au

Stores: Chemist Warehouse, My Chemist, Priceline, Terry White
Amazon AUS www.amazon.com.au



Formulite

(NOT Lupin soups)

Shakes: Creamy Vanilla, Banana, Coffee, Choc Hazelnut, Honeycomb

Bars: Choc Crisp, Lemon Coconut

Purchase: Online: www.formulite.com.au

Stores: Select pharmacies: www.formulite.com.au/formulite-stockists/
Amazon AUS www.amazon.com.au



BN Slim

Shakes: Vanilla, Chocolate, Coffee

Purchase: Online only:

www.bnhealthy.com.au/products/bn-slim-meal-replacements-3-flavours

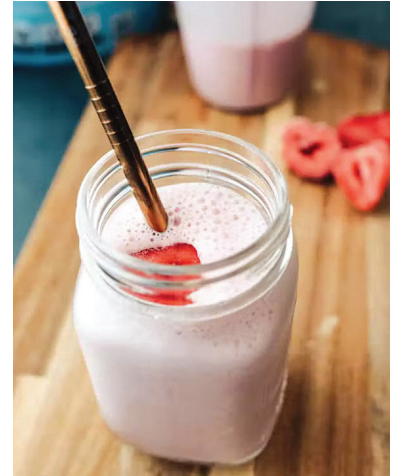


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Ways to increase variety

Shakes

- Mix powder with 250–300ml water instead of 200ml suggested for extra volume.
- Add ice-cubes and blend to make a ‘slushie’.
- Add flavoured essence, spice or instant coffee for variety, such as mint essence or coffee to a chocolate shake, rosewater or cinnamon to a vanilla shake.
- Blend with low carbohydrate fruits such as berries to create a smoothie. Blend spinach or kale leaves into a vanilla shake.



Bars

- Break one bar into half or thirds and eat as snacks with a cup of tea or coffee across the day or evening.

** This still counts as 1 VLED serve for the day.*

Soups

- Add low-carbohydrate vegetables to increase fibre and soup volume.
- Puree soup with low-carbohydrate vegetables to create a thick, smooth texture.
- Add konjac noodles, such as Changs Super Low-Cal or Slendier Calorie Clever to increase fibre and soup volume.
- Add herbs or spices for extra flavour such as pepper, paprika, chilli, parsley or cumin.



Desserts

- Add low-carbohydrate fruit or flavoured essence for variety, such as lemon crème with passionfruit or chocolate with coconut essence.
- Once prepared, freeze desserts for an iced treat.
- Add 1 tablespoon of chia seeds for extra fibre and leave to set overnight for a thicker texture.



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VLED – Replacing 2 meals per day

- Steady weight loss
- Allows some flexibility for work, family or social events

As well as the 2 VLED products per day, you can enjoy:

- ✓ 1 balanced meal (See page 7 for Healthy Portion Plate)
Carbohydrate serve optional
- ✓ 2 or more cups low-carbohydrate vegetables
- ✓ 1 tablespoon healthy fats
- ✓ 2 litres water
- ✓ 1 serve of fruit
- ✓ 1 serve of dairy







Which 2 meals you choose to replace with a VLED can be changed day to day.



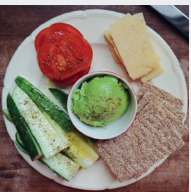
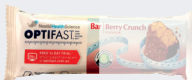


Discuss your needs with your Dietitian as some people may need changes to this plan.



Example daily meal plans

2 litres of water per day, plus:

Breakfast	Snack	Lunch	Snack	Dinner	Snack
					
VLED shake	1 apple	VLED bar and salad with 1 tablespoon of extra virgin olive oil	Vegetable snack	Grilled chicken, vegetables, 2/3 cup rice	200g yoghurt

Breakfast	Snack	Lunch	Snack	Dinner	Snack
					
1 cup chopped fruit	1/2 VLED bar	4 Ryvita, 40g cheese, 3 tablespoons avocado and low-carbohydrate vegetables	1/2 VLED bar	Asian style vegetable broth with tofu and konjac noodle	VLED dessert and berries

How long should I follow 2 VLED products per day?

This phase commonly lasts 4–12 weeks, depending on weight loss goals and personal choice. You may start a VLED program using 2 VLED products per day, or you may move to this phase after following a 3 VLED product per day plan.

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Extra food and drink choices

Food and drink	Enjoy	Avoid
<p>Fluid</p> <p>Aim for at least 2 litres per day</p>	<ul style="list-style-type: none"> • Water – tap, mineral, soda • Vegetable juice – tomato, Campbell’s V8 Vegetable Juice Low Sodium, green blend (no fruit) • Coffee, Tea – black or with dash of milk (no sugar) • Sugar-free cordial, sugar-free soft drink • Infuse water with lemon, lime or berries • Use cold water tea infusions 	<ul style="list-style-type: none"> • Regular cordial • Regular soft drink • Alcohol
<p>Vegetables</p> <p>Aim for 2 or more cups per day</p> <p>Vegetables can be eaten raw or cooked</p>	<p>Lower carbohydrate vegetables:</p> <ul style="list-style-type: none"> • Alfalfa sprouts • Asian greens • Asparagus • Bean shoots • Broccoli • Brussel sprouts • Cabbage • Capsicum • Carrot • Cauliflower • Celery • Cucumber • Eggplant • Fennel • Green beans • Kale • Lettuce • Mung beans • Mushrooms • Okra • Onion • Radish • Rocket • Silver beet • Snow peas • Spinach • Squash • Tomato • Zucchini <p>In addition choose one of these options or one serve of bread, cereal and grain:</p> <ul style="list-style-type: none"> • 1 small potato • 100g-200g sweet potato • 1 cob corn • 1 cup peas • 100-200g pumpkin • ½ - 1 cup lentils/legumes 	
<p>Bread, Cereal and Grain</p>	<ul style="list-style-type: none"> • Konjac varieties of rice, pasta, noodle Example brands: Slendier Konjac range, Changs Super Lo-Cal • 2 slices low carb bread per day. Example brands: Herman Brot, Alpine, Baker’s Life <p>Vegetable alternatives to rice, noodle and pasta:</p> <ul style="list-style-type: none"> • Cauliflower rice • Shredded cabbage noodles • Zucchini ribbon pasta • Kelp noodles <p>In addition choose one of these options or 1 serve of starchy vegetable:</p> <ul style="list-style-type: none"> • 1-2 slices thin bread • 1 wrap or 4-8 crispbread • ½ cup oats or ¾ cup cereal • ½ cup cooked rice • ½ cup cooked grains • ½ - 1 cup cooked pasta 	
<p>Fats and Oils</p>	<p>Choose one of these options each day:</p> <ul style="list-style-type: none"> • 1 tablespoon of extra virgin olive oil or canola oil • 3 tablespoons avocado • 30g nuts 	<ul style="list-style-type: none"> • Butter • Cream • Coconut oil • Coconut cream • Mayonnaise

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Extra food and drink choices (continued)

Food and drink	Enjoy	Avoid
Fruit	<ul style="list-style-type: none"> • Blackberries • Passionfruit • Strawberries • Raspberries <p>In addition choose one of these options:</p> <ul style="list-style-type: none"> • 1 medium fruit (e.g. 1 orange) • 2 small fruit (e.g. 2 mandarin) • 1 cup chopped fruit 	<ul style="list-style-type: none"> • Fruit juice • Dried fruit
Dairy	<p>Dash of milk in tea or coffee</p> <p>In addition choose one of these options:</p> <ul style="list-style-type: none"> • 250ml reduced fat dairy or calcium fortified soy milk • 200g yoghurt • 40g or 2 slices of reduced fat cheese • 80g ricotta 	
Protein	<p>Discuss individual amounts with your Dietitian</p> <p>My additional protein serve is _____/day.</p> <p>1 serve =</p> <ul style="list-style-type: none"> • 2-3 large eggs • 150g raw or 120g cooked lean meat – beef, lamb, pork • 150g raw or 120g cooked skinless chicken or turkey • 170g raw or 150g cooked fish and seafood • 170g tofu • 1 cup (150g) cooked or canned legumes or lentils 	<ul style="list-style-type: none"> • Fatty meat • Deli meat • Chicken skin
Stock, Sauce, Condiment, Pickle	<ul style="list-style-type: none"> • Capers • Pickled onion • Clear stock or broth • Sauerkraut • Seaweed or nori • Fish sauce • Soy sauce (unsweetened) • Kimchi • Tomato paste • Lemon juice and zest • Vinegar • Mustard • Worcestershire sauce • 10 olives • Miso soup 	<ul style="list-style-type: none"> • Sweet chilli sauce • Tomato sauce • BBQ sauce • Stir-Fry sauce • Sweetened chutney
Herbs and Spices	<ul style="list-style-type: none"> • All fresh or dried parsley, coriander, cumin, oregano, cinnamon, garlic, ginger, chilli, lemongrass 	<ul style="list-style-type: none"> • Cinnamon sugar • Vanilla sugar • Seasoning blends with added sugar
Other	<ul style="list-style-type: none"> • Equal • Splenda • Natvia • Sugar free Maple syrup • Monk fruit sweetener • Matcha green tea powder • Sugar-free lollies, mints and gum (e.g. Extra, Jols, DDs) • Diet jelly 	<ul style="list-style-type: none"> • Sugar • Honey • Chocolate • Lollies • Ice cream • Custard • Cakes • Biscuits • Muffins • Pastries

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Recipe ideas

Suitable recipes for any phase of a VLED program:

www.opticook.org/

includes free recipes

Meal ideas when eating 1-2 balanced meals per day:

If a recipe lists nutritional information, select recipes that have less than 1500kJ per serve and less than 30g carbohydrate per serve. A suggested resource is:

www.csiro.au/en/Research/Health/CSIRO-diets/Diet-and-recipe-books/CSIRO-Low-Carb-Diet-Book

The CSIRO Low-Carb Diet (RRP from \$19.00)



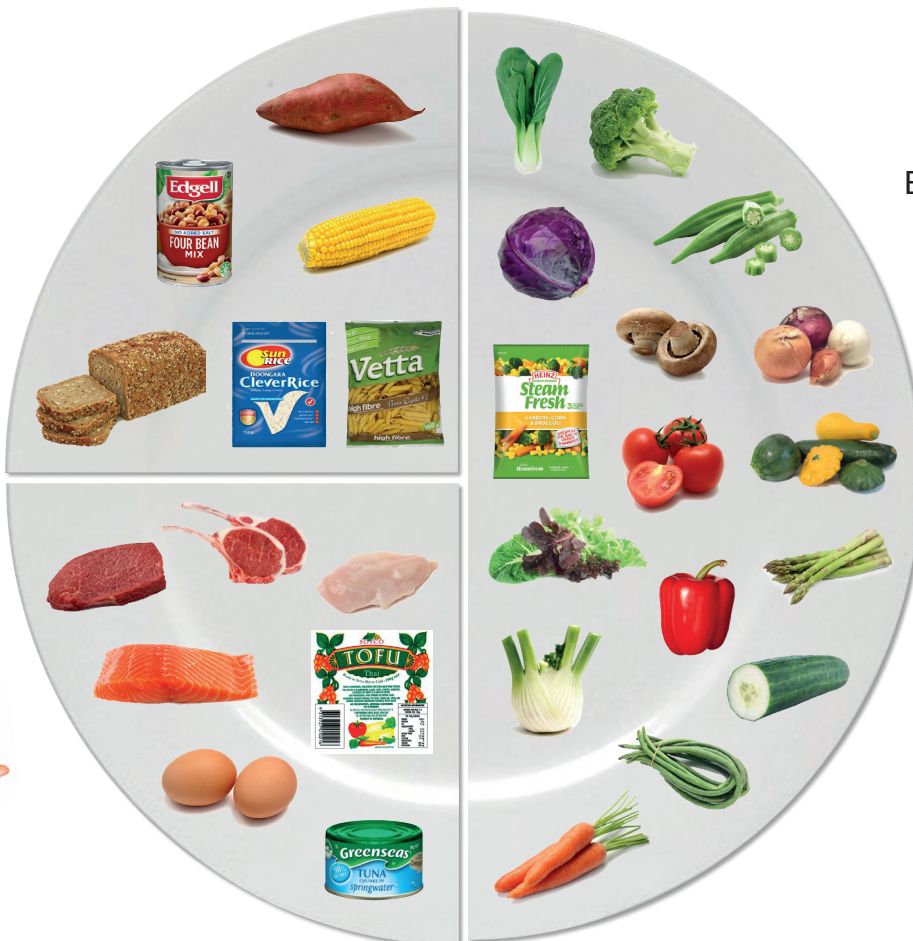
What is a balanced meal?

Aim to follow the plate guide:

You may be encouraged to limit or avoid carbohydrate at some meals during or after a VLED program. Discuss suggested portion sizes with your Dietitian.

Carbohydrate
($\frac{1}{4}$ plate)

Portion:
Fist size



Healthy fat

Extra virgin olive oil, avocado



Water

Lean protein
($\frac{1}{4}$ plate)

Portion:
Palm size



Vegetables
($\frac{1}{2}$ plate)

Raw or cooked

Portion:
2 open hands



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What about social occasions and eating out?

Managing social occasions and eating out can be a challenge. Strategies include:

- Skip the scheduled VLED for that meal and choose a meal that includes lean protein and low-carbohydrate salad or vegetables. For example:
 - grilled steak or fish fillet with vegetable based salad
 - OR
 - stir-fry chicken / tofu with Asian greens
 - OR
 - poached eggs with grilled tomato and spinach.
- Request sauces or dressings on the side.
- Avoid extra bread if provided at the table.
- Avoid deep fried or crumbed foods.
- Order 2 entrée size dishes instead of entrée and main, and add a side of salad or green vegetable.
- Choose water, sparkling water, tomato juice, sugar-free soft drink as preferred drink choices.
- Order a pot of tea or black coffee to finish the meal instead of dessert.



Alcohol

If you drink alcohol it will reduce the weight loss results as it is high in energy.

If you choose to drink alcohol, limit your intake and consider the following options:

- Alternate alcoholic drinks with water or a sugar-free soft drink or sparkling plain mineral water.
- Order wine by the glass rather than by the bottle and sip slowly.
- Mix a spirit with sugar-free cola or soda water.
- Choose a light beer rather than full-strength beer and order the smallest beer size available. Try alcoholic free beer options e.g. Pure Blonde Ultra Low Carb Lager, Holsten Alcohol Free.
- Avoid regular soft drink, juice or pre-mixed options.
- Avoid sweet cider and dessert wines.

Long term habits

After achieving weight loss and introducing balanced meals, it is important to maintain healthy food habits. This may include smaller serve sizes and a lower intake of higher fat and carbohydrate foods.

Making time for daily physical activity will help you to maintain weight loss and muscle mass. This should include a mixture of both cardiovascular and resistance based exercises. For expert advice, make an appointment with an Accredited Exercise Physiologist.



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