

VLED program – replacing 1 meal

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?

This program works by reducing your energy intake. You will get the most weight loss by replacing your highest energy meal.

When using 1 meal replacement you are unlikely to experience any appetite reduction effects that you can get from replacing two or three meals. This can mean managing hunger can be challenging.

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

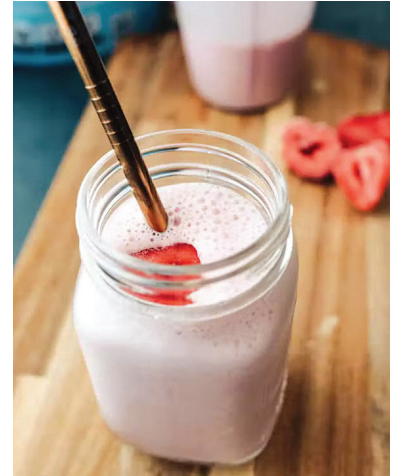


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Ways to increase variety

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 berries or vegetables to create a smoothie, such as frozen raspberries to a banana flavoured shake or spinach leaves to 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 1 meal per day

- Gradual weight loss
- You may use 1 VLED per day to replace a mealtime you find challenging such as breakfast

As well as the 1 VLED product per day, you can enjoy:

- ✓ 2 balanced meals (See page 5 for Healthy Portion Plate)
Carbohydrate serve optional
- ✓ Extra low-carbohydrate vegetables
- ✓ 1 tablespoon healthy fats
- ✓ 2 litres water
- ✓ 2 serves of fruit
- ✓ 1 serve of dairy




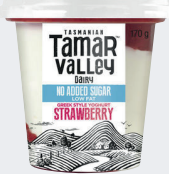








Which meal you choose to replace with a VLED can be changed day to day.

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:

<p>Breakfast</p>  <p>VLED shake</p>	<p>Snack</p>  <p>1 small banana</p>	<p>Lunch</p>  <p>Tuna and salad wrap</p>	<p>Snack</p>  <p>200g yoghurt</p>	<p>Dinner</p>  <p>Steak, 1 potato, vegetables with 1 tablespoon of extra virgin olive oil</p>	<p>Snack</p>  <p>1 cup chopped fruit</p>
<p>Breakfast</p>  <p>Poached eggs, tomato, spinach, 1-2 toast</p>	<p>Snack</p>  <p>Small milk coffee</p>	<p>Lunch</p>  <p>VLED soup flavoured with extra herbs</p>	<p>Snack</p>  <p>1 apple</p>	<p>Dinner</p>  <p>Fish, mixed vegetables, 2/3 cup quinoa with 1 tablespoon of extra virgin olive oil</p>	<p>Snack</p>  <p>Diet jelly and berries</p>

How long should I follow 1 VLED product per day?

This phase commonly lasts 4–12 weeks, depending on weight loss goals and personal choice. You can choose to use this plan on and off for convenience or to help manage your weight in the future.

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Lower carbohydrate vegetables and fruit choices

<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>Fruit</p>	<ul style="list-style-type: none"> • Blackberries • Passionfruit • Strawberries • Raspberries


What is a balanced meal?

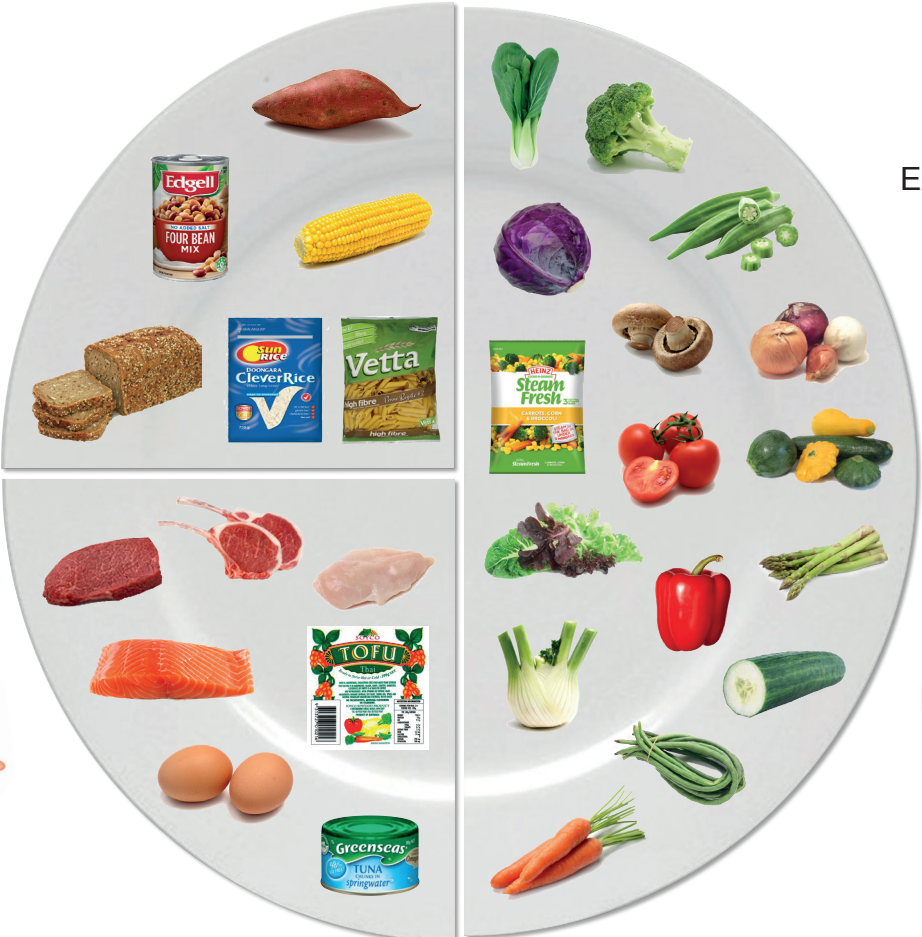
Aim to follow the plate guide:

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

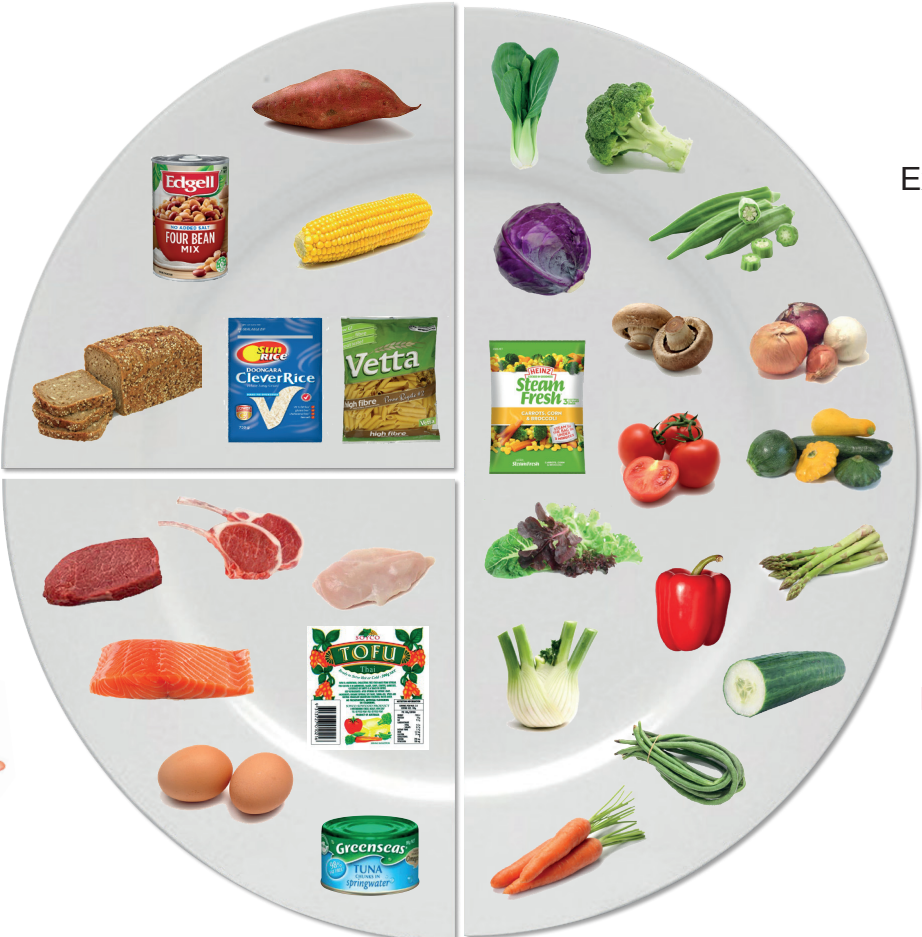
Extra virgin olive oil, avocado




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

Portion:
Palm size






Water



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

Raw or cooked

Portion:
2 open hands



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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)



In addition to your balanced meals, include the below foods each day

These can be added to your meals, or used for snacks.

One serve of fruit foods:

- 1 medium piece of fresh such as an apple or small banana
- 2 small pieces of fruit such as kiwi fruit, mandarin
- 1 cup of chopped fresh fruit or berries
- 15 grapes
- 140g snack tub of canned fruit in juice
- A snack size box of dried fruit or 4 apricot halves or 20 sultanas



Frozen fruit including berries or mango are also good choices.

One serve of dairy foods:

- A small glass of reduced fat milk, or small milk based coffee e.g. latte or cappuccino
- One tub or 200g of reduced fat natural, fruit or no added sugar yoghurt
- 40g or two slices reduced fat cheese or 80g ricotta

Some yoghurt examples:

Jalna:

- Low Fat
- Fat Free Natural

Tamar Valley:

- Natural 99.85% Fat Free

Vaalia:

- Natural Yoghurt Low Fat range

Yoplait:

- Real Fruit
- Vanilla and Forme Zero Range



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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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