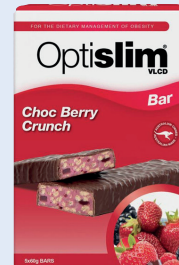


# VLED program – replacing 3 meals

## 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.

## 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

## Side effects

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.

If you have any of these side effects, discuss them with your doctor:

- Sensitivity to cold
- Hair loss
- Menstrual disturbance
- Dry skin or skin rash
- Muscle cramp
- Frequent headache

## 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.

# VLED program – replacing 3 meals

## 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](http://www.optifast.com.au)

Stores: AMCAL, Chemist Warehouse, My Chemist, Priceline, Terry White  
Amazon AUS [www.amazon.com.au](http://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](http://www.optislim.com.au)

Stores: Chemist Warehouse, My Chemist, Priceline, Terry White  
Amazon AUS [www.amazon.com.au](http://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](http://www.formulite.com.au)

Stores: Select pharmacies: [www.formulite.com.au/formulite-stockists/](http://www.formulite.com.au/formulite-stockists/)  
Amazon AUS [www.amazon.com.au](http://www.amazon.com.au)



### BN Slim

**Shakes:** Vanilla, Chocolate, Coffee

**Purchase:** Online only:

[www.bnhealthy.com.au/products/bn-slim-meal-replacements-3-flavours](http://www.bnhealthy.com.au/products/bn-slim-meal-replacements-3-flavours)

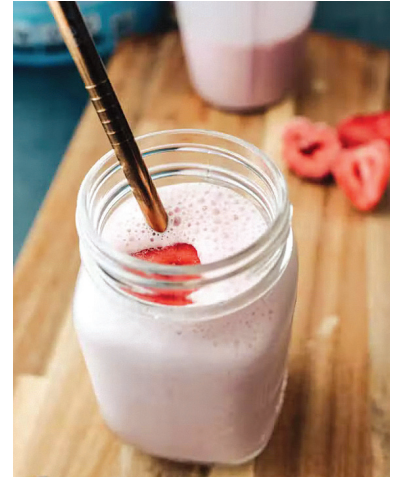


# VLED program – replacing 3 meals

## 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 Konjac range 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.



# VLED program – replacing 3 meals

## VLED – Replacing 3 meals per day

- Rapid weight loss
- Often used before weight loss surgery
- Some people may use 4 VLED products per day or include an additional protein serve to meet their nutrition needs







### Also includes per day:


- ✓ 2 or more cups low-carbohydrate vegetables
- ✓ 1 tablespoon healthy fats
- ✓ At least 2 litres water
- ✓ Berries and passionfruit.



## Example daily meal plans

At least 2 litres of water per day, plus:

<p><b>Breakfast</b></p>  <p><b>VLED shake</b></p>	<p><b>Snack</b></p>  <p>Vegetable snack</p>	<p><b>Lunch</b></p>  <p><b>VLED bar and salad</b></p>	<p><b>Snack</b></p>  <p>Strawberries</p>	<p><b>Dinner</b></p>  <p>Vegetable stir-fry and konjac noodles. Add 1 tablespoon extra virgin olive oil</p>	<p><b>Snack</b></p>  <p><b>VLED dessert and raspberries</b></p>
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<p><b>Breakfast</b></p>  <p><b>VLED dessert and berries</b></p>	<p><b>Snack</b></p>  <p><b>1/2 VLED bar tea/coffee*</b></p>	<p><b>Lunch</b></p>  <p>Steamed mix vegetables with 1 tablespoon of extra virgin olive oil</p>	<p><b>Snack</b></p>  <p><b>1/2 VLED bar tea/coffee*</b></p>	<p><b>Dinner</b></p>  <p><b>VLED soup and vegetables</b></p>	<p><b>Snack</b></p>  <p>Diet jelly</p>
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\* Tea and coffee can be served black or with a dash of milk. No milk based tea/coffee, such as chai latte or café latte

## How long should I use 3 VLED products per day?

This phase commonly lasts for 2–12 weeks, depending on weight loss goals and personal choice. You may benefit from a longer time period. Discuss this with your Dietitian.

Weight loss is usually around 1.0-2.5kg per week.

# VLED program – replacing 3 meals

## Extra food and drink choices VLED 3 per day

Food and drink	Enjoy	Avoid
<b>Fluid</b> Aim for at least 2 litres per day	<ul style="list-style-type: none"> <li>Water – tap, mineral, soda</li> <li>Vegetable juice – tomato, Campbell's V8 Vegetable Juice Low Sodium, green blend (no fruit)</li> <li>Coffee, Tea – black or with dash of milk (no sugar)</li> <li>Sugar-free cordial, sugar-free soft drink</li> <li>Infuse water with lemon, lime or berries</li> <li>Use cold water tea infusions</li> </ul>	<ul style="list-style-type: none"> <li>Milk</li> <li>Fruit juice</li> <li>Regular cordial</li> <li>Regular soft drink</li> <li>Alcohol</li> </ul>
<b>Vegetables</b> Aim for 2 or more cups per day Vegetables can be eaten raw or cooked	<b>Lower carbohydrate vegetables:</b> <ul style="list-style-type: none"> <li>Alfalfa sprouts</li> <li>Asian greens</li> <li>Asparagus</li> <li>Bean shoots</li> <li>Broccoli</li> <li>Brussel sprouts</li> <li>Cabbage</li> <li>Capsicum</li> <li>Carrot</li> <li>Cauliflower</li> <li>Celery</li> <li>Cucumber</li> <li>Eggplant</li> <li>Fennel</li> <li>Green beans</li> <li>Kale</li> <li>Lettuce</li> <li>Mung beans</li> <li>Mushrooms</li> <li>Okra</li> <li>Onion</li> <li>Radish</li> <li>Rocket</li> <li>Silver beet</li> <li>Snow peas</li> <li>Spinach</li> <li>Squash</li> <li>Tomato</li> <li>Zucchini</li> </ul>	<b>Higher carbohydrate vegetables:</b> <ul style="list-style-type: none"> <li>Corn</li> <li>Potato</li> <li>Sweet potato</li> <li>Peas</li> <li>Pumpkin</li> <li>Parsnip</li> <li>Lentils / Legumes</li> </ul>
<b>Fats and Oils</b>	<b>Choose one of these options each day:</b> <ul style="list-style-type: none"> <li>1 tablespoon of extra virgin olive oil or canola oil</li> <li>3 tablespoons avocado</li> <li>30g nuts</li> </ul>	<ul style="list-style-type: none"> <li>Butter</li> <li>Cream</li> <li>Coconut oil</li> <li>Coconut cream</li> <li>Mayonnaise</li> </ul>
<b>Fruit</b>	<ul style="list-style-type: none"> <li>Blackberries</li> <li>Strawberries</li> <li>Passionfruit</li> <li>Raspberries</li> </ul>	All other fruit
<b>Bread, Cereal and Grain</b>	<ul style="list-style-type: none"> <li>Konjac varieties of rice, pasta, noodle Example brands: Slendier Konjac range, Changs Super Lo-Cal</li> <li>2 slices low carb bread per day. Example brands: Herman Brot, Alpine, Baker's Life</li> </ul> <b>Vegetable alternatives to rice, noodle and pasta:</b> <ul style="list-style-type: none"> <li>Cauliflower rice</li> <li>Shredded cabbage noodles</li> <li>Zucchini ribbon pasta</li> <li>Kelp noodles</li> </ul>	<ul style="list-style-type: none"> <li>Bread</li> <li>Cereal and Grain foods For example: bread, crackers, oats, cereal, rice, noodles, pasta, couscous, quinoa, freekeh</li> </ul>
<b>Dairy</b>	Dash of milk in tea or coffee	<ul style="list-style-type: none"> <li>Milk</li> <li>Cheese</li> <li>Yoghurt</li> </ul>
<b>Protein</b>	Discuss individual amounts with your Dietitian	<ul style="list-style-type: none"> <li>Fatty meat</li> <li>Chicken skin</li> <li>Deli meat</li> </ul>
<b>Stock, Sauce, Condiment, Pickle</b>	<ul style="list-style-type: none"> <li>Capers</li> <li>Pickled onion</li> <li>Clear stock or broth</li> <li>Sauerkraut</li> <li>Seaweed or nori</li> <li>Fish sauce</li> <li>Soy sauce (unsweetened)</li> <li>Kimchi</li> <li>Tomato paste</li> <li>Lemon juice and zest</li> <li>Vinegar</li> <li>Mustard</li> <li>Worcestershire sauce</li> <li>10 olives</li> <li>Miso soup</li> </ul>	<ul style="list-style-type: none"> <li>Sweet chilli sauce</li> <li>Tomato sauce</li> <li>BBQ sauce</li> <li>Stir-Fry sauce</li> <li>Sweetened chutney</li> </ul>
<b>Herbs and Spices</b>	<ul style="list-style-type: none"> <li>All fresh or dried parsley, coriander, cumin, oregano, cinnamon, garlic, ginger, chilli, lemongrass</li> </ul>	<ul style="list-style-type: none"> <li>Cinnamon sugar</li> <li>Vanilla sugar</li> <li>Seasoning blends with added sugar</li> </ul>
<b>Other</b>	<ul style="list-style-type: none"> <li>Equal</li> <li>Splenda</li> <li>Natvia</li> <li>Sugar free Maple syrup</li> <li>Matcha green tea powder</li> <li>Sugar-free lollies, mints and gum (e.g. Extra, Jols, DDs)</li> <li>Diet jelly</li> <li>Monk Fruit Sweetener</li> </ul>	<ul style="list-style-type: none"> <li>Sugar</li> <li>Honey</li> <li>Chocolate</li> <li>Lollies</li> <li>Ice cream</li> <li>Custard</li> <li>Cakes</li> <li>Biscuits</li> <li>Muffins</li> <li>Pastries</li> </ul>

# VLED program – replacing 3 meals

## 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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