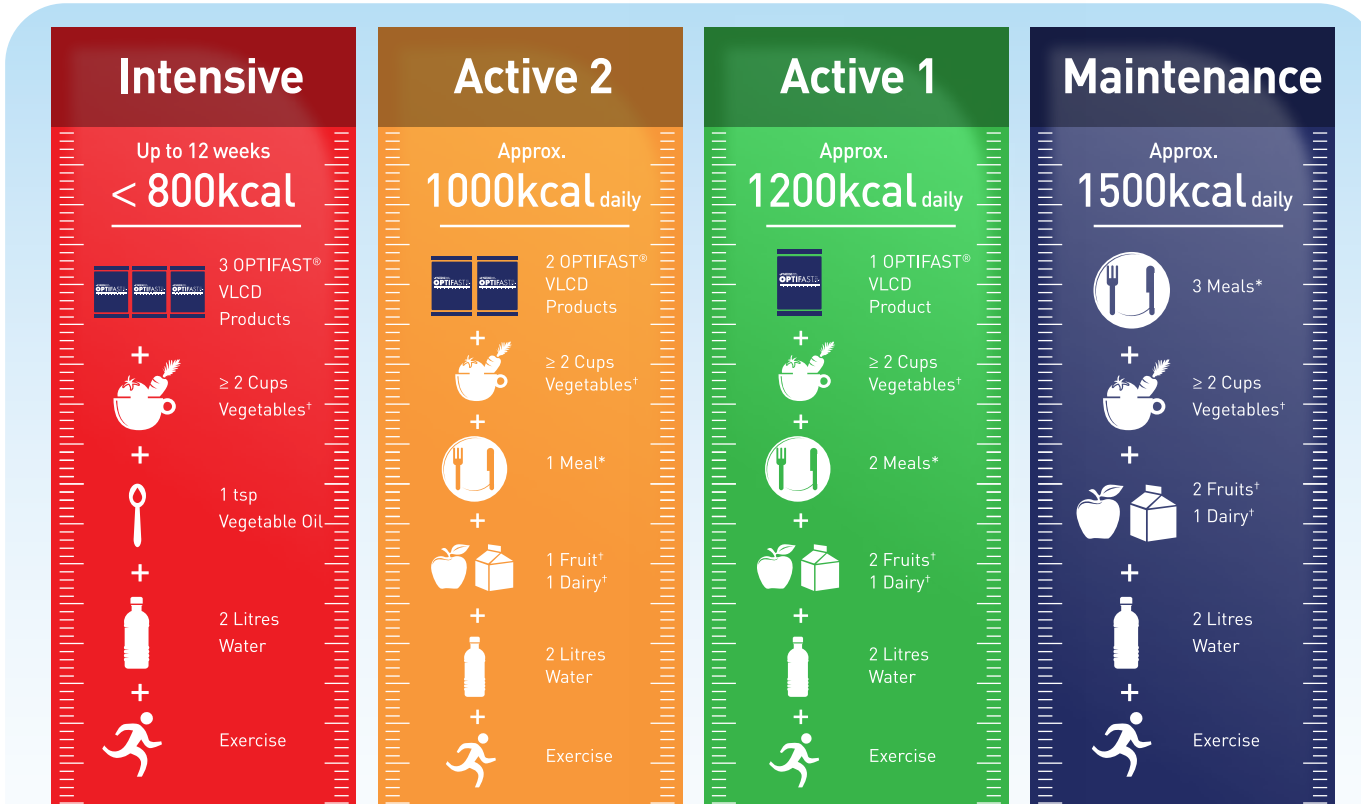


## How does the Optifast® VLCD Program work?

The Optifast® VLCD Program is structured into 4 levels: Intensive, Active 2, Active 1 and Maintenance. Intensive level is where the greatest weight loss occurs. Your healthcare professional may vary the levels during your weight loss journey, according to your goals and lifestyle needs.



†See ALLOWED list of foods in the Additional Foods table.

\*Meals should be approximately 400 calories each.



Losing a small amount of weight can reduce the risk of weight related comorbidities such as diabetes, high blood pressure and high cholesterol.

## GET MORE EXERCISE

Starting a regular exercise regime can seem like a daunting task for people who are obese.

However, small changes, like taking the stairs instead of lifts, parking the car farther from a destination or going for walks after meals can all add substantial energy expenditure to an otherwise sedentary lifestyle.

## Additional Foods

Additional daily food allowance during the Optifast® VLCD Program is as follows:-

	ALLOWED	AVOID†
VEGETABLES	<p><b>ALL LOW STARCH OR GREEN VEGETABLES:</b></p> <ul style="list-style-type: none"> <li>• Alfalfa Sprouts • Asparagus</li> <li>• Bean Sprouts • Bok Choy • Broccoli</li> <li>• Brussel Sprouts • Cabbage</li> <li>• Capsicum • Carrots • Cauliflower</li> <li>• Celery • Cucumber • Eggplant</li> <li>• Garlic • French Beans • Leeks</li> <li>• Lettuce • Mushrooms • Onions</li> <li>• Radish • Shallots • Silver Beet</li> <li>• Snow Peas • Spinach • Squash</li> <li>• Tomato • 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>
FRUITS	<p><b>50-70 calories per serve:</b></p> <ul style="list-style-type: none"> <li>• Apple (1 small) • Lychees (4)</li> <li>• Plums (2) • Apricots (2) • Orange (1)</li> <li>• Pineapple (2 slices)</li> <li>• Strawberries (15) • Cherries (10)</li> <li>• Passionfruit (4) • Grapes (1 2 cup)</li> <li>• Peach (1) • Prunes (3) • Pear (1 small)</li> <li>• Canned fruit in natural juice (120g)</li> </ul>	<ul style="list-style-type: none"> <li>• Dried Fruit</li> <li>• Fruit Juice</li> </ul>
DAIRY	<p><b>100 calories per serve:</b></p> <ul style="list-style-type: none"> <li>• Reduced Fat Hard Cheese (30g)</li> <li>• Cottage Cheese (1 3 cup)</li> <li>• Sorbet (1 scoop)</li> <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>
OTHERS	<ul style="list-style-type: none"> <li>• Miso and Soups prepared from allowed vegetables listed above</li> <li>• Sauces and Condiments (small amounts)</li> <li>• Spices and Herbs</li> <li>• Calorie-free Fluids (water, tea and diet drinks)</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit Juice</li> <li>• Alcohol</li> <li>• Sugar</li> <li>• Sweetened Drinks</li> </ul>

**IMPORTANT:** †Vegetables listed in AVOID can be consumed in small quantities in Active 2, Active 1 and Maintenance levels as part of your calorie controlled meal.