

# OPTIFAST<sup>®</sup> VLCD<sup>™</sup>

The clinically proven weight management solution



## Additional Allowances

ALLOWED				AVOID
<b>Fruit* and dairy serves for transition phase onwards</b>	A serve of fruit should contain around 50-70 calories and 10-15g of carbohydrate. A serve of fruit could be: one of – 200g strawberries, 4 lychees, 2 apricots, 200g cooked rhubarb, 2 slices of pineapple, 2-3 passionfruit, 100g grapes, 1 small apple, 10 cherries, 1 small orange, 1 peach, 1 small pear, 120g pear in natural juice, 120g plums or 3 prunes. A serve of dairy should have around 100 calories. A serve of dairy could be: one 250g glass low fat milk, 40g low fat cheese, 1 scoop of light ice-cream or 200g tub low fat yoghurt.			All other fruit
<b>Low starch and green vegetables</b>	alfalfa sprouts asparagus beans bok choy broccoli brussel sprouts celery cabbage capsicum carrots	cauliflower cucumber eggplant garlic lettuce leeks mung beans mushrooms onions	radish shallots silver beet snow peas spinach squash tomato watercress zucchini	corn green peas legume lentils potato pumpkin sweet potato
<b>Soups</b>	stock cubes bonox (in moderation)	vegetable soups (using allowed vegetables)	miso soup	All others
<b>Sauces and condiments</b>	lemon juice vinegar worcestershire sauce	soy sauce (in moderation) chilli	mustard tomato paste	
<b>Spices and herbs</b>	all spice basil celery flakes chilli chives cinnamon cloves coriander cumin curry powder	dill fennel garlic ginger lite salt mint mustard seed nutmeg	oregano paprika parsley pepper rosemary sage thyme tumeric taragon	
<b>Miscellaneous</b>	artificial sweeteners	Unsweetened lollies/ gum	Diet Jelly Essence – banana, mint, strawberry	
<b>Calorie free fluids (at least 2 litres extra per day)</b>	water tea diet soft drink	diet cordial mineral water		fruit juice alcohol

\* Fruit is only permitted during the transition, maintenance and stabilisation phases of the program. Fruit is not allowed during the intensive phase of the program due to the carbohydrate content.

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



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