

OPTIFAST™ GUIDELINES

You have been put on Optifast™ for 14 days before your surgery to help make the operation safer.

Optifast™ works by making you mildly ketotic (a process that allows the use of fat for energy) and this reduces your hunger and allows you to stay on the Optifast™ diet. Eating sugars or carbohydrates will prevent ketosis from happening and you will feel hungry again.

You can purchase Optifast™ from most chemists.

- ❖ Read the instructions on the box carefully before starting.
- ❖ Have 1 sachet of Optifast™ milkshake or 1 Optifast™ soup or 1 Optifast™ bar or 1 Optifast™ dessert three times a day instead of your usual breakfast, lunch and dinner. Flavouring can be added to the Optifast™ vanilla drinks ie, Cottees™ Light Toppings or coffee.
- ❖ At the time of your major meal (usually dinner) add 2 cups of vegetables or salad (see overleaf) to your meals. These can be flavoured with vinegar/herbs/seasoning if desired.
- ❖ If you are eating out socially and will be missing the Optifast™ for that meal, choose meat, fish or chicken with salad or vegetables but do not have any carbohydrates (bread/potato/rice or pasta) with the meal.
- ❖ Do not drink any sugary drinks (soft drink/juice/cordial). Coffee or tea can be taken in small quantities with low fat milk and sweeteners – no sugar.
- ❖ All fruit (except strawberries) are high in carbohydrates so need to be avoided

During the Optifast™ phase you will have one product 3 times a day.

Each day you also need the following :

- 2 cups of low starch vegetables /salad (see overleaf)
- 2 litres of calorie free fluid

Use the following list as a guide:

FOODS TO ENJOY

Vegetables

Alfalfa sprouts
Asparagus
Beans
Bok choy
Broccoli
Brussel sprouts
Carrots
Celery
Cabbage
Capsicum
Cauliflower
Cucumber
Eggplant
Garlic
Lettuce
Mushrooms
Onion (all types)
Radish
Silverbeet
Snow peas
Spinach
Squash
Tomato
Watercress
Zucchini

Fruit

Strawberries

Fluids

Water
Tea & coffee (with small amount of milk)
Diet soft drink and cordial
Mineral water
Soda water

Sauces & Condiments

Lemon juice
Vinegar
Worcestershire sauce
Soy sauce (in moderation)
Mustard
Tomato paste
Stock cubes
Bonox (in moderation)
Herbs
Spices

You can also have:

Artificial sweeteners, sugar free gum & sweets and diet jelly

FOODS TO AVOID

Vegetables

Corn
Green peas
Legumes
Lentils
Potato
Pumpkin
Sweet Potato
All fruit (except strawberries)

Fluids

Fruit juice
Regular soft drink
Regular cordial
Alcohol
Milk drinks