



Welcome to the CDE-OPTIFAST® Programme

The CDE-OPTIFAST® Weight Loss Programme is based on a very low calorie diet (VLCD), which provides roughly 800 kcal of energy per day for the first 8 weeks. This programme is however, more than just shakes. It is a structured nutritional and behavioural change programme developed by leading experts and supported by medical professionals.

Key Outcomes with OPTIFAST®



The OPTIFAST® VLCD Programme can be modified to suit individual requirements.
 * Meals should contain approximately 350 calories each.
 † See 'allowed low starch vegetables and fruit' in the 'Additional Foods' table (www.optifast.com.au)



References: 1. Sirtori et al. Multicentre evaluation of an interventional 12-week weight loss program for obesity with regard to body weight, cardiovascular and quality of life: a prospective study. *J Clin Endocrinol Metab* 2011; 93:1041-1048. 2. Sirtori et al. Effects on Diabetes Mellitus, Weight and A1C among Patients with Obesity and Diabetes: 6-month Observations from a Full-Time Residential Low-Calorie Diet Weight Management Program. *Canadian Journal of Diabetes* 2017.