

Full Meal Replacement

Meal replacements

Using meal replacements can help in medical weight management for conditions like type 2 diabetes, high blood pressure, sleep apnoea, high cholesterol or other health risks linked to excess weight.

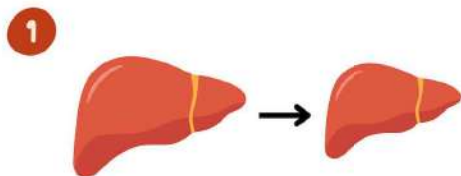


Very low calorie diet

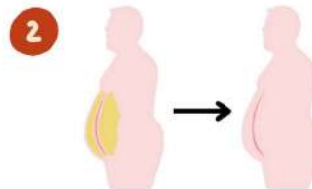
A Very Low Calorie Diet (VLCD) has 800 calories or less per day. It provides enough protein, fats, carbohydrates, vitamins and minerals for a safe and effective weight loss. This approach can be done safely under medical supervision, using specially formulated total diet replacement products to ensure adequate nutrition.

For 2 – 4 weeks immediately before a weight loss surgery, you may be advised to follow a VLCD. This usually involves having 3 VLCD meal replacements daily, adjusted to meet your protein and nutrient needs.

The goal of this diet is to improve the safety of surgery by:



Reducing the size of your liver



Reducing fat around your organs for greater access to the surgical area

The role of VLCD in weight management

Weight loss via a VLCD is achieved by limiting carbohydrate and total energy intake. When your body does not have enough carbohydrate to burn for energy, it turns to burning fat, which can then be utilised as fuel.



Some people may experience some mild side effects during the first few days of following a VLCD, such as:

- Fatigue
- Nausea
- Constipation
- Diarrhoea
- Headaches
- Hunger
- Poor concentration



These side effects should normally resolve by the fourth day. Do discuss your concerns with your doctor or dietitian if these symptoms persist.

If you are taking medication for diabetes, inform your doctor as these medications may have to be adjusted. You are also encouraged to monitor your blood sugar levels, to prevent low blood sugar levels while on a VLCD.



VLCD sample meal plan

You need to replace all your meals with 3 VLCD products each day, along with 2 cups of low-starch vegetables, 2 teaspoons of oil or condiments, and 2 litres of calorie-free fluids.

Consume < 800 Calories Daily

Breakfast



1 VLCD product

Lunch



1 VLCD product

Dinner



1 VLCD product



1 cup of low-starch vegetables



1 cup of low-starch vegetables



1 tsp of oil/ condiment



1 tsp of oil/ condiment

Minimum 2L of water daily!













Eating fruits and vegetables while on VLCD

Aim for 2 cups of vegetables, raw or cooked, per day.

Allowed ✓			
			
Alfalfa sprouts	Asparagus	Bean sprouts	Beetroot (1/3 cup)
			
Bitter melon	Bok Choy	Broccoli	Brussels sprouts
			
Cabbage	Capsicum	Carrots (1/3 cup)	Cauliflower
			
Celery	Chye Sim	Cucumber	Eggplant
			
Green/ String beans	Kailan	Kang Kung	Ladies Finger
			
Leeks	Lettuce (all types)	Long beans	Mushrooms

Eating fruits and vegetables while on VLCD

Aim for 2 cups of vegetables, raw or cooked, per day.

Allowed ✓			
			
Radish	Shallots	Silver Beet	Snow peas
			
Spinach	Squash	Tomatoes	Watercress
		<p>Konjac noodles are made from glucomannan, a fibre derived from the root of the konjac plant, which are high in fibre and low in calories!</p>	
Zucchini	Konjac noodles (200g)		

Avoid ✗			
			
Corn	Green peas	Legumes/ Beans	Lentils
			
Lotus root	Parsnip	Potato	Pumpkin
			
Sweet Potato	Turnip	Yam	All fruits

Consuming beverages while on VLCD

Allowed ✓



Water



Tea



Coffee



(Plain or with 30ml skim milk & no sugar) (Plain or with 30ml skim milk & no sugar)



Sugar-free drinks



Nutri-Grade Mark Variant - Measures for Nutri-Grade Beverages reproduced from <https://hpb.gov.sg> with permission by Health Promotion Board, Singapore

Avoid ✗



Fruit juice



Alcohol



Milk, soymilk & yogurt drink



Soft drinks & cordial

Consuming sauces and condiments while on VLCD

Allowed ✓



Lemon & lime juice



Vinegar



Herbs & spices



Fresh chilli, garlic & onion



Sriracha



Sambal



Oil like canola, corn, olive, sesame & sunflower



Sauces like barbecue, oyster, soy, tomato & Tabasco (sparingly)

Avoid ✗



Mayonnaise



Cream



Butter sauces



High calorie sauces and dressings such as
Thousand Island, Caesar & sesame dressings

Contributed by Nutrition & Dietetics Service, Allied Health Services

This brochure is produced for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek the advice of a qualified healthcare provider before starting any treatment or if you have any questions related to your health or medical condition.

Information shared is accurate as of May 2024 and subject to revision without prior notice.



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