



## Permitted food, drinks and condiments list for meal inspiration

There are additional low calorie foods allowed whilst following the OPTIFAST Program, which can add variety to your meals and assist in compliance.

See below for a list of the additional allowances permitted during the OPTIFAST Program.



### Low Starch Vegetables

The recommended allowed vegetables on the OPTIFAST Program are low starch or low carbohydrates and also low calorie. The table below lists what vegetables are recommended whilst on the OPTIFAST Program. The OPTIFAST Program calls for at least 2 cups a day of allowed vegetables, but increasing that quantity makes little difference to your weight loss, adds extra nutrients and helps you to feel satisfied.

Allowed				Avoid on Intensive Level*
<b>Low starch vegetables</b>				
Asparagus Bean Sprouts Beetroot (30-40g) Bok Choy Broccoli Brussels sprouts Cabbage Peppers	Carrots (30-40g) Cauliflower Celery Cucumber Eggplant Green beans Konjac noodles	Lettuce (all types) Leeks Mushrooms Onions Radish Shallots Beetroot	Sugar snap peas Spinach Squash Tomatoes Watercress Courgette	Corn Green peas Legumes Lentils Potato Sweet potato Parsnip Pumpkin / Butternut Turnip

\*Vegetables in the 'Avoid' list can be incorporated into low calorie meals on Active and Maintenance Levels. They are not to be consumed as part of the low starch vegetable allowance.

Visit [optifast.co.za](http://optifast.co.za) for some recipe inspiration, or spice up your vegetables by incorporating a permitted condiment.

### Additional Low Energy Foods

Allowed			Avoid
<b>Soups</b>			
Stock cubes	Vegetable soups made from allowed vegetables	Miso soup	All other soups

### Beverages

Allowed				Avoid
<b>Low energy drinks</b>				
Water Soda water	Diet soft drinks and cordial Plain mineral water	Tea and coffee (no or 30mL skim milk and no sugar)	Herbal Teas	Fruit juice Alcohol Soft drinks Cordial

## Miscellaneous

Allowed				Avoid
Artificial sweeteners <sup>†</sup>	Sugar free sweets and gum (1-2 pieces per day) <sup>‡</sup>	Diet jelly (125g) Flavour essences (½-1 tsp)	Diet topping (1-2 tsp)	

<sup>†</sup>Excessive consumption of artificial sweeteners can cause gastro upset and should be consumed in moderation.

<sup>‡</sup>Some diet lollies will contain calories that if consumed in large amounts may affect your weight loss.

## Permitted Condiments

It is important to choose condiments and flavourings which have a low carbohydrate, low calorie and low fat content.

To help you, we have put together a list of suitable herbs, spices and sauces below.

Allowed				Avoid
<b>Herbs and Spices</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 Turmeric Tarragon	

## Sauces and Condiments

Allowed				Avoid
<b>Sauces and Condiments</b>				
2 tsp / 10mL Fat Free Dressing	2 tsp / 10mL Balsamic Vinegar 2 tsp / 10mL No Added Sugar Tomato Sauce	4 tsp/20mL Fish Sauce 1-2 tsp/5-10mL Tabasco Sauce 4 tsp/20mL Peri Peri Hot Sauce 1 tsp/5g Chilli Paste 3 tsp/ 15mL Soy Sauce	3 tsp/15mL Tomato Paste 1 tsp/5g Mustard Lemon and lime juice (as required) Vinegar (as required) Worcestershire Sauce (as required)	Cream Butter sauces High calorie simmer sauces and dressings

## Active 2 / Active 1 / Maintenance Levels

Once you have progressed onto the Active 2 Level of the OPTIFAST Program you can start to introduce dairy and fruit. Please see below for serving sizes for both your dairy and fruit serves that can be included in Active 2, Active 1 and Maintenance Levels of the OPTIFAST Program.

Allowed (Active 2, Active 1 and Maintenance Levels ONLY)				Avoid
<b>Fruit (one serve = 50-70 calories)</b>				
Apple (1 small) Lychees (4) Plums (2) Apricots (2) Orange (1)	Mandarin (1-2) Pineapple (2 slices) Strawberries (1.5 punnets) Cherries (15)	Granadilla (4) Rhubarb (200g) Grapes (½ cup) Peach (1)	Prunes (3) Pear (1 small) Canned fruit in natural juice (120g)	Dried Fruit Fruit Juice
<b>Low-Fat Dairy (one serve = 100 calories)</b>				
Reduced Fat Hard Cheese (30g) Cottage Cheese (½ cup)	Low-Fat Ice Cream (1 scoop)	Low-Fat Milk (250mL)	Low-Fat Yoghurt (1 small tub ~150g)	Full-Cream Dairy

## For more information visit [www.optifast.co.za](http://www.optifast.co.za)

OPTIFAST is for the dietary management of overweight and obesity and must be used under the supervision of a healthcare professional. Speak to your healthcare professional to find out if the OPTIFAST Program is suitable for you.

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