

Optifast Pre-surgery Meal Replacement Plan



What is Optifast?

- ▶ Optifast is a product line of shakes and soups from Nestle Healthcare Nutrition
- ▶ The products are formulated for a total or partial meal replacement plan
- ▶ The shakes are lactose free and comes in chocolate, strawberry, and vanilla flavors
- ▶ The soup flavors include vegetable, chicken & tomato

- ▶ *All products should be stored in a cool dry area



*Please note: The Optifast flavors of soup are subject to change.

Benefits of Taking Optifast?

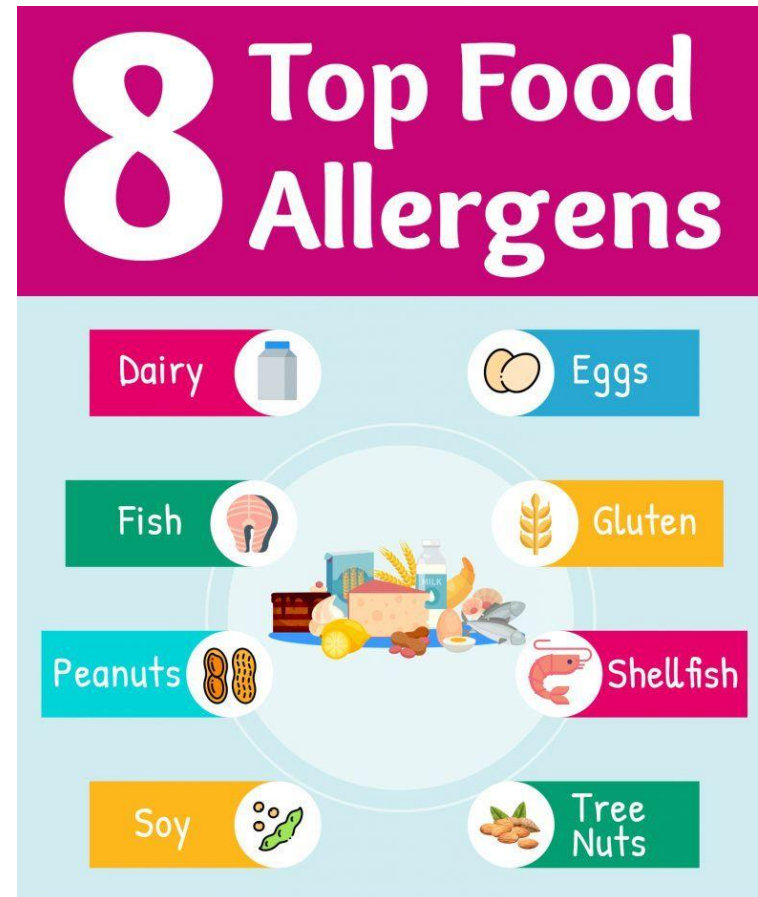
- ▶ Helps improve nutritional status before surgery
- ▶ Reduces the risk of complications from surgery
- ▶ Lowers recovery time after surgery
- ▶ Prepares you to change your eating behavior for after surgery
- ▶ Focuses less on food to help avoid the “last supper syndrome”
- ▶ Decreases carbohydrate intake with the goal of decreasing the size of your liver which prepares you for surgery
- ▶ A nutritionally complete meal replacement
- ▶ Pre-portioned out, you don’t have to guess or measure



BENEFITS

Remember to Notify the Dietitian

- ▶ Please let the dietitian know about any food allergies or intolerances that you may have prior to sampling or purchasing Optifast products.



When Should you Start Optifast?

- ▶ Optifast Meal Replacement should begin **8 days prior to surgery day**
- ▶ Optifast will last for 7 days
- ▶ Clear liquids only the day before surgery



Choose Your Optifast Plan

1. Optifast Full Formula

Women: 7 Optifast products per day

Men: 8 Optifast products per day



2. Optifast + Lean & Green

Women: 5 Optifast products per day +
1 Lean & Green Meal

Men: 6 Optifast products per day +
1 Lean & Green Meal

Optifast Full Formula for Women

1. A woman wants to have 1 soup
per day:

- ▶ 1 soup + 6 shakes = 7 products/day



2. A woman wants to have 2 soups
per day

- ▶ 2 soups + 5 shakes = 7 products/day



Optifast Full Formula for Men

1. A man wants to have 1 soup per day

- ▶ 1 soup + 7 shakes = 8 products/day



2. A man wants to have 2 soups per day

- ▶ 2 soups + 6 shakes = 8 products/day



Another Option: Lean and Green Meal

What is a Lean & Green Meal?

- ▶ A lean & green meal is a meal that consists of:
 - ▶ 4-5 ounces of a cooked, lean meat
 - ▶ 1-1.5 cups of non-starchy vegetables (cooked) OR 2 cups raw vegetables; 2 cups of green, leafy vegetables (lettuce) = 1 cup of non-starchy vegetables
 - ▶ 1 serving of fat



What Would the Meal Replacement Look Like?

- ▶ A lean & green meal replaces 2 Optifast products per day:
 - ▶ **Women: 5 Optifast products + 1 lean & green meal**
 - ▶ **Men: 6 Optifast products + 1 lean & green meal**
 - ▶ Remember: Only 2 or less soups are allowed each day, even when consuming a lean and green meal

How to Choose Your Lean and Green Meal

Step 1: Choose your protein

- ▶ Beef: lean cuts from round, tenderloin, sirloin, flank
- ▶ Poultry: skinless chicken breast, Cornish hen, turkey, turkey sausage
- ▶ Pork: pork chop (rib or loin), tenderloin, Canadian Bacon
- ▶ Fish/Shellfish: catfish, cod, flounder, tilapia, trout, tuna in water, salmon, shrimp
- ▶ Venison: burgers, steaks, roasts
- ▶ Meat Alternative: follow the label for serving size

One 4-5 ounce portion per meal

*This is a cooked portion of protein.



How to Choose Your Lean and Green Meal

Step 2: Choose a non-starchy vegetable

Choose from: Asparagus, beets, broccoli, Brussel sprouts, cabbage, carrots, cauliflower, celery, cucumber, green beans, kale, mushrooms, onions, peppers, spinach, tomatoes, summer squash, zucchini, salad greens, Swiss chard, turnips, lettuce greens

1 to 1½ cups cooked or 2 cups raw per meal

NON-STARCHY VEGETABLES



asparagus



onions



broccoli



cauliflower



spinach



cucumbers



carrots



peppers

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*2 cups of green, leafy vegetables (lettuce or spinach) = 1 cup of raw, non-starchy vegetables

How to Choose Your Lean and Green Meal

Step 3: Choose Your Fat

Choose from: 1 Tablespoon of light margarine, 8 black olives, 10 green olives, 2 tablespoons avocado, 1½ teaspoon peanut butter, 6 almonds, 16 pistachios, 4 walnuts halves, 4 pecans halved, 10 peanuts, 6 cashews

Choose 1 Fat Serving Per Day



Limit Your Use of Low Calorie Foods

- ▶ If you are still hungry, add these low-calorie options:
- ▶ Sugar free candy, mints, or gum, no more than 20 calories per day
- ▶ Sugar free Jell-O
- ▶ Sugar free popsicles
- ▶ Low sodium broth/bouillon



Optifast Meal Replacement Shakes

- ▶ Optifast products cannot be refunded or exchanged once you leave the clinic after purchasing.
- ▶ Be sure to taste-test all Optifast products prior to purchasing. You will be offered a tasting of the Optifast shakes at your 1st visit with the surgeon and be sent home with a packet of the soup to taste.

***Please speak with your dietitian regarding any concerns you may have regarding the Optifast meal replacement nutritional products.**

Breakdown of the Cost

Women: Meal Plan Options

- Full Formula = 7 products per day
- Lean & Green + 5 products per day

Cost of Optifast Products:

- Shakes: \$3.50 each
- Soups: \$3.00 each

Cost of 7 Day Optifast Products:

1. Full Formula: \$164.50 - \$171.50
2. Lean & Green: \$115.50 - \$122.50



Breakdown of the Cost

Men: Meal Plan Options

- Full Formula = 8 products per day = total of 56 products
- Lean & Green + 6 products per day = total of 42 products

Cost of Optifast Products:

- Shakes: \$3.50 each
- Soups: \$3.00 each

Cost of 7 day Optifast Products:

1. Full Formula: \$189.00 - \$196.00
2. Lean & Green: \$140.00 - \$147.00



Guidelines for Safe and Effective Weight Loss

Prior to Surgery (Optifast)

- ▶ Consume all recommended Optifast products each day
- ▶ Avoid blood sugar swings and excessive hunger by eating every 2-3 hours
- ▶ Begin Optifast 8 days prior to surgery

In General Terms

- ▶ Keep a food diary
- ▶ Drink 64 fluid ounces of sugar-free, caffeine-free, non-carbonated beverages in addition to the Optifast products. Plain water needs to make up half of your fluids.



The Day Before Surgery: Clear Liquid Diet

What counts as a Clear Liquid?

- ▶ Water
- ▶ 100% fruit juice with no pulp: cranberry, grape, apple juice
- ▶ Popsicles with no fruit or pulp
- ▶ Jell-O with no fruit or topping
- ▶ Gatorade/G2 or other sports drink
- ▶ Protein water
- ▶ Low-Sodium broth
- ▶ *Always include plain water as part of your daily fluids
- ▶ Sugar-free, caffeine-free, non-carbonated beverages are **appropriate while on the clear liquid diet and post-surgery life include:** decaf tea, decaf coffee, Crystal Light, Fruit 2-0, Propel Water, Minute Maid Light, Mio liquid water enhancer (not with energy added)



Helpful Tips While on Optifast

- ▶ Take 1 day at a time
- ▶ Plan ahead: be prepared to use products away from home
- ▶ If possible, have someone else cook and clean up after family meals
- ▶ Plan to reward yourself with things other than food
- ▶ Discuss the weight loss program with family & friends to help support your nutrition goals
- ▶ Avoid buying foods that are hard for you to pass up
- ▶ Limit time in the kitchen except to prepare your own meals
- ▶ If you are asked to go out to eat, have a product before going, or meet for tea, coffee, or an activity unrelated to food



Medication List: Pre-Surgery Only



The following medications are acceptable if needed while following the Optifast pre-surgery meal plan:

- ▶ Headache: *Tylenol
- ▶ Constipation: Benefiber, Sugar-free Metamucil, Suppositories (Glycerin, Dulcolax), Milk of Magnesia, MiraLax
- ▶ Diarrhea: Kaopectate, Pepto-Bismol, Benefiber
- ▶ Indigestion/Heart Burn: Pepto Bismol, Maalox, Alka-Seltzer Lemon Lime tablets

*If you are experiencing any medical issues the week prior to surgery, please contact your provider!

Type II Diabetes & Patients with Low Blood Sugar

If you are experiencing low blood sugar:

- ▶ Consume ½ cup of 100% fruit juice such as orange juice **OR**
- ▶ Consume 3-4 glucose tablets **OR**
- ▶ Follow your prescribed protocol for low blood sugars
- ▶ Wait at least 15 minutes to recheck your blood sugar. Repeat this process if the blood sugar remains low.
- ▶ When taking Optifast, don't skip meals, and consume products regularly: every 2 ½ - 3 hours
- ▶ Contact your doctor if your blood sugar continues to remain low.



Type II Diabetes & Patients with Low Blood Sugar (Continued)

- ▶ To help prevent low blood sugar:
 - ▶ 1. Include 1 ADDITIONAL product such as 8 oz. Carnation Breakfast Essential Light Start drink OR 8 oz. fat-free/1% milk to prescribed meal plan.
 - ▶ For example: a woman would consume 8 products per day, and a man would consume 9 products per day
 - ▶ Carnation Breakfast Essential Light Start comes in Ready to Drink or Powder
 - ▶ Available at Walmart and Schnuck's



Potential Adaptions to Dietary Changes

- ▶ Fatigue- due to a lower caloric intake, you may notice some tiredness, weakness, or lack of energy. Make sure to get plenty of rest, do moderate activities, and drink plenty of fluids!
- ▶ Dizziness- this can occur because the body eliminates large amounts of water and salt during weight loss. To help with this, try to increase fluids, stand up slowly, or add 1-2 cups of broth a day.
- ▶ Dry mouth- increase water intake or try some sugar-free candy, mint, or gum.
- ▶ Headache- review the medications slide: DON'T SKIP MEALS & STAY HYDRATED
- ▶ Diarrhea: review the medications slide



Don't Hesitate to Call Us

- ▶ For any questions, comments, or concerns you can call us at (812) 450-7419 or send us a message through MyChart!

