

# What is Nestlé OPTIFAST®?

By Hamish van Wyk

Registered Dietitian and Diabetes Educator, CDE Houghton, Johannesburg

For years and years, we have heard that:

- Small sustained changes in your caloric intake will produce large, long-term weight loss
- Large, rapid weight loss is associated with weight regain

You may be surprised to hear both of these are myths! The 'diabetes community' was shocked when a medical trial revealed that many people with type 2 diabetes who went on an 8-week very low calorie diet no longer had type 2 diabetes!

## What is a Very Low Calorie Diet?

A very low calorie diet provides roughly 800 kcal of energy daily, which is less than half the calorie content of a conventional weight loss diet. The diet must also contain sufficient protein, fat, carbohydrates, vitamins and minerals to help you lose weight safely.

## What is the CDE OPTIFAST® Programme?

The CDE OPTIFAST® Programme is an 800 kcal dietary programme that consists of three scientifically formulated shakes taken daily for 8 weeks, with vegetables and salad as you wish. After the initial 8-week period, follows a 4-week period where food is gradually reintroduced. The CDE OPTIFAST® Programme is however, more than just shakes! It is a structured programme developed by leading experts.

The Programme requires approval by a medical doctor and regular visits with a dietitian for an initial consultation and then follow-ups at 2 weeks, 4 weeks, 8 weeks and 6 months. During this period, not only will you learn *how to lose weight*, but also *how to keep the weight off*. The published data shows an average weight loss of 1 – 2.5 kg per week up to a total of 22 % of baseline weight. Please note that the additional 4 dietitian consultations are not included in the CDE Diabetes Management Programme and require payment from the patient or from the patient's medical savings. Additional blood work may also be required as clinically indicated – the CDE Diabetes Management Programme may not cover these tests.

## Can we put type 2 diabetes into remission?

Data shows that 87 % of people who have had diabetes for less than 4 years can achieve diabetes remission after 8 weeks of the CDE OPTIFAST® Programme (Only 50 % of those with diabetes for more than 8 years achieved remission). Although not everyone achieves remission of diabetes, not all is lost! Studies show that patients still lost weight and that their blood glucose levels improved.

To find out more, please contact a CDE-Trained OPTIFAST® Dietitian (follow the link near the bottom-right of the Home page of the CDE Website ([www.cdediabetes.co.za](http://www.cdediabetes.co.za))).

