



Ms MaryRose Spence

New Zealand Registered Dietitian

Saturday, August 10, 2019

(Room 4)

8:30 - 9:25 WS #71: Managing Obesity with Very Low Calorie Diets, Meal Replacements and Drug Therapy

Very Low Calorie Diets/Meal Replacements

MaryRose Spence BHSc
Registered Dietitian



nutritionconsultants.co.nz

- 
- **800kcal or less per day**
 - **Generally used for a short time frame: 6 – 12 weeks**
 - **Replace meals with specially formulated shakes, bars, soups**



nutritionconsultants.co.nz



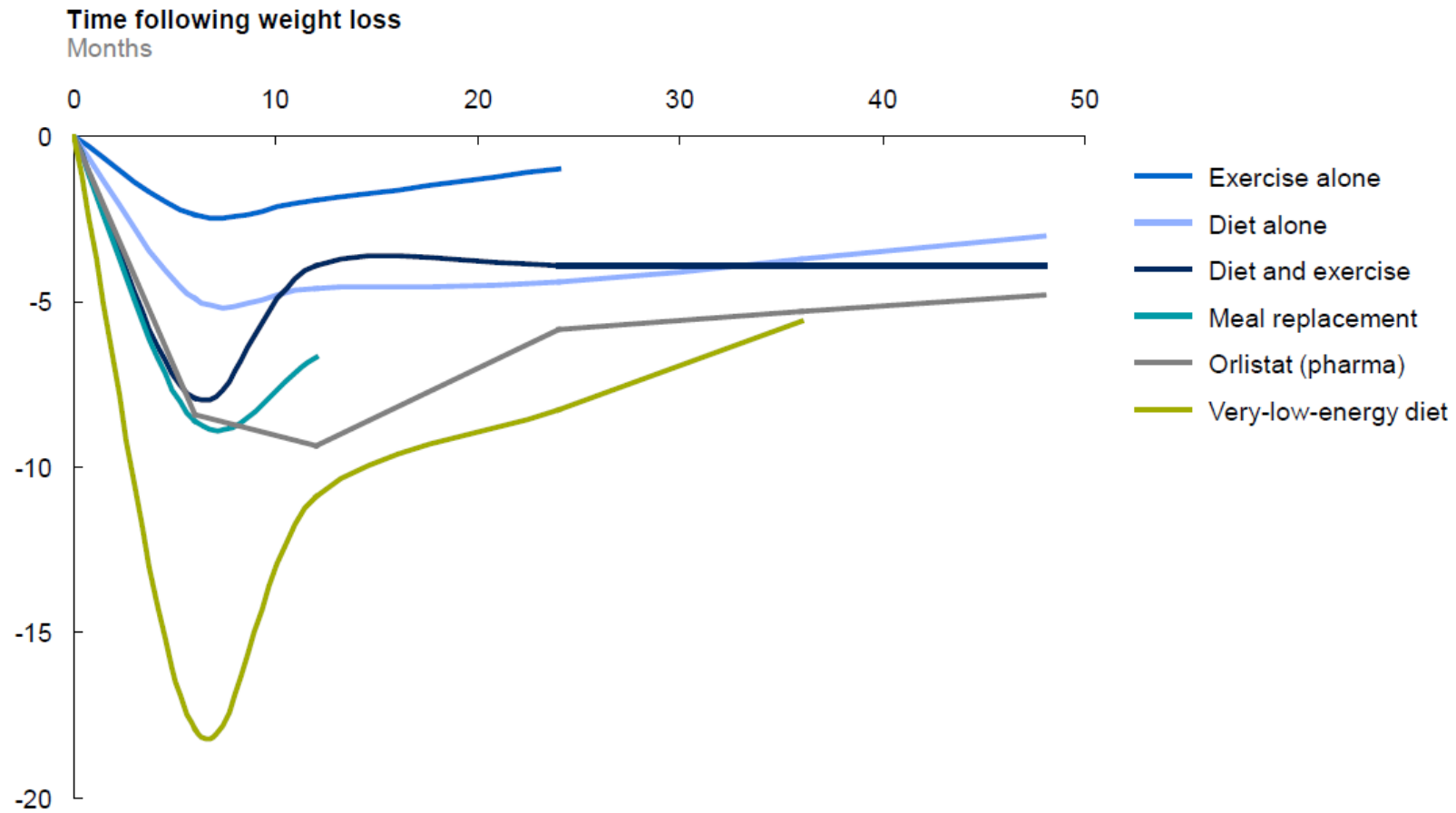
nutritionconsultants.co.nz

When to use a VLCD...

- Presents with a history of diets over years – often been a life long issue
- Low morale with weight and self doubt as to whether it's possible to lose weight
- Poor relationship with food – food has become the enemy! Puts the client onto a clean canvas
- Tend not to make a judgement on BMI as these people will have a high muscle mass which misrepresents their BMI



nutritionconsultants.co.nz



SOURCE: Marion Franz et al., "Weight-loss outcomes: A systematic review and meta-analysis of weight-loss clinical trials with a minimum 1-year follow-up," *Journal of the American Dietetic Association*, volume 107, number 10, October 2007; D. Foxcroft, "Orlistat for the treatment of obesity: Cost utility model," *Obesity Reviews*, volume 6, number 4, November 2005; O. O'Meara et al., "A rapid and systematic review of the clinical effectiveness and cost-effectiveness of orlistat in the management of obesity," *Health Technology Assessment*, volume 5, number 18, February 2001; J. Torgerson et al., "XENical in the prevention of diabetes in obese subjects (XENDOS) study: A randomized study of orlistat as an adjunct to lifestyle changes for the prevention of type 2 diabetes in obese patients," *Diabetes Care*, volume 27, number 1, January 2004; McKinsey Global Institute analysis



nutritionconsultants.co.nz

Positive outcomes of VLCD...

- Typically a great weight loss result
- Disconnects people from food – allows a fresh start
- Easy to use – generally 3/day + 2 cups greens + 2.0L of water
- Well priced



nutritionconsultants.co.nz

Negative outcomes of VLCD...

- **Doesn't suit everyone – low energy/
headaches/slower bowel/(occ hungry)**
- **Weight regain**

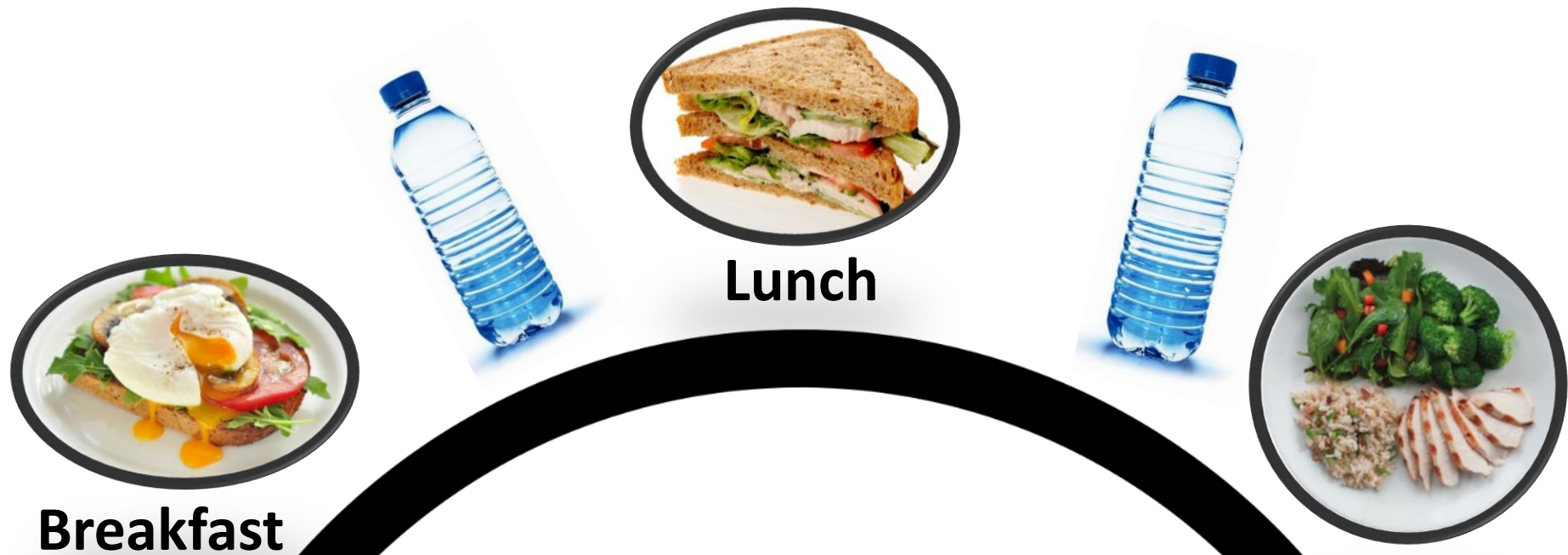


nutritionconsultants.co.nz

- **Hydration – water**
- **Exercise – short – due to high muscle mass plus consider incidental exs = close to 10,000steps/day**
- **3 meals/day – these will be well muscled people – need to understand carb/ protein/fat/portions**
- **Mid morning and mid afternoon snacks – need help on healthy snacks – as they are often not weight loss snacks**
- **Accountability - need to check in – initially 3 weekly – then less often – 1 – 2 /year**



nutritionconsultants.co.nz



Breakfast

Lunch

Dinner



nutritionconsultants.co.nz



Nutrition
Consultants

Specialist advice on your nutrition

MaryRose Spence BHSc
NZ Registered Dietitian

nutritionconsultants.co.nz