

# Very Low Energy Diets vs Formulated Meal Replacements

## What's the difference?

Very Low Energy Diets (VLED) and Formulated Meal Replacements (FMR) look similar and are often sold side-by-side in pharmacies.

While both products assist with weight loss, have similar packaging, branding and product types (e.g. shakes, soups, bars) their purposes are not the same. Learn what the key differences are and how you can identify a VLED from a FMR.

### Very Low Energy Diet (VLED)

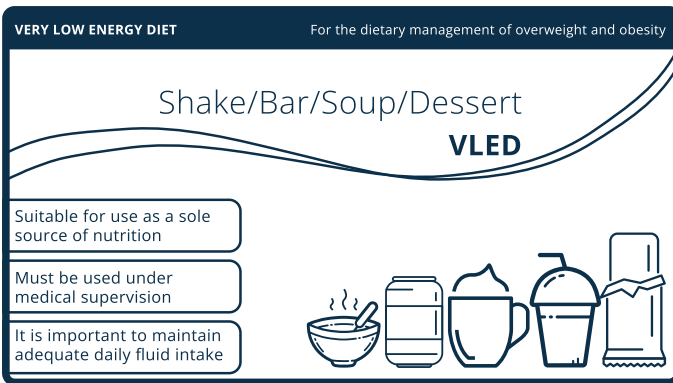
### Formulated Meal Replacement (FMR)

Labelling

Sale

Use

Nutrition



Look for products labelled as *Very Low Energy Diet*.

VLED can only be purchased from places such as a medical practitioner, dietitian or pharmacy.

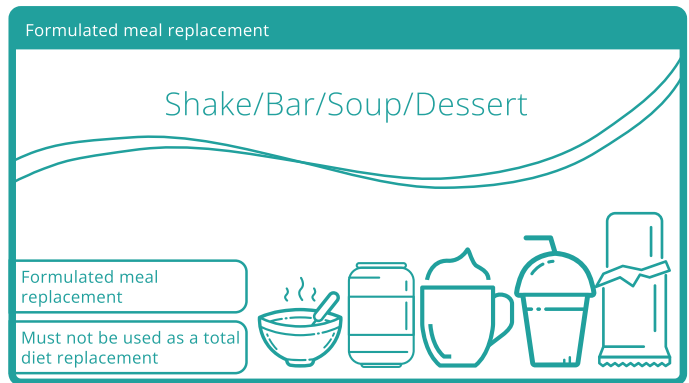
VLED are products labelled as *Very Low Energy Diet*. They can be used to replace the three main meals you would normally eat in a day. These products are used under **medical supervision** for the dietary management of overweight and obesity.

VLED are **not** recommended for pregnant, nursing, or lactating women or use by infants, children, adolescents and elderly, other than under medical supervision.

While on VLED, it is vital to maintain adequate daily fluid intake.

VLED are required to contain (based on an average of three VLED per day):

- an energy range of 627 – 1115 kJ per serve
- no less than 16.7 g protein per serve
- no less than 16.7 g carbohydrate per serve.



Look for products labelled as *Formulated Meal Replacement*.

FMR are available for purchase at places such as supermarkets, pharmacies and department stores.

FMR can be used as a replacement for some of your meals, but they should not replace all the meals you would normally eat.

FMR are required to contain:

- no less than 850 kJ per serve
- no less than 12 g protein per serve.

**If you are considering the use of a Very Low Energy Diet, please consult a healthcare professional.**

More information and resources on VLED are available at: [www.foodstandards.gov.au/very-low-energy-diets](http://www.foodstandards.gov.au/very-low-energy-diets). Other products advertised for weight loss may be classified as medicines. Medicines are regulated by the Therapeutic Goods Administration (TGA) and have an AUST L number or AUST R number on the label. Refer to the TGA website for more information on weight loss products that are medicines: [www.tga.gov.au/products/medicines/weight-loss-products](http://www.tga.gov.au/products/medicines/weight-loss-products).