

Lean meat, poultry, low-fat dairy, eggs, fish, beans and lentils, nuts and seeds, supplements, snacks or meal replacements with at least 15–25g protein



Whole grains, fruits and vegetables, nuts and seeds, beans and lentils; consider fiber supplements



Unsweetened low-calorie beverages such as water, coffee, tea, or nutrient rich low-calorie beverages; Limit alcohol and caffeine



Whole grains, fruits and vegetables, lean protein, low-fat dairy, healthy fats†

References:

1. Almandoz JP et al. Obesity (Silver Spring). 2024 Jun 10.
2. Volek JS et al. Curr Nutr Rep. 2024 Sep;13(3):422-443.
3. Cox CE. Diabetes Spectr. 2017 Aug;30(5):157-160.
4. Raiman L et al. Clin Med (Lond). 2023 Jul;23(4):311-317.

* Based on a 1200-1500 calorie diet for women and 1500-1800 calorie diet for men.
 † Target goal for weight reduction. Normal weight target goal 0.8 g/kg/day.
 ‡ Requirements vary by age, sex, weight, and physical activity.

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Prioritize food choices rich in unsaturated fatty acids such as fatty fish, nuts, seeds and oils (flaxseed, soybean, canola, olive)



Whole grains, fruits and vegetables, nuts and seeds, low-fat dairy



Fruits and vegetables, low-fat dairy; if needed, consider vitamin supplementation

These recommendations are for general guidance only and do not replace the advice of a healthcare professional (HCP). Please consult with your HCP about the appropriate nutrition for you.



Micronutrients of concern in adults who are overweight or obese: vitamin A, B12, C, D, E, calcium, magnesium, folate, thiamine, iron, and zinc