

Considerations if GLP-1 based therapies are DISCONTINUED



1. Refer to a dietitian if available, and provide intensive behavioral therapy supported by a multidisciplinary team.



2. Meal replacements are a safe, nutrient appropriate option. Using 1–2 partial meal replacements per day within a calorie restricted plan can support weight loss, reduce waist circumference and blood pressure, and improve glycemic control.



3. If a GBT must be paused, maintain the same dietary plan used at initiation. Close follow up and ongoing lifestyle support are essential to minimize weight regain.



4. An individualized sustainable exercise plan—including at least 150 minutes per week of moderate to vigorous intensity aerobic activity plus resistance training—helps maintain weight loss.



5. Calorie-controlled, protein-rich dietary patterns may offer benefits for preventing weight regain.

GBT= GLP-1 based therapies

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