

EATING TO FEEL YOUR BEST ON **GLP - 1** BASED TREATMENT

GLP-1-based medicines reduce appetite and may change how much you eat. Good nutrition helps you stay healthy, preserve muscle, and minimize deficiencies.

BUILD A BALANCED PLATE



Aim for **variety and color** at each meal – vegetables, fruit, wholegrains, lean proteins, and healthy fats.

A Mediterranean-style approach works well: think **olive oil, fish, beans, nuts, colorful vegetables, and whole grains.**

Getting essential nutrients from food is best—but supplements may be needed if your intake is low.

EASY FOOD SWAPS

CRISPS	—————>	Roasted chickpeas or popcorn
SUGARY DRINKS	—————>	Sparkling water with lemon
WHITE BREAD	—————>	Wholegrain wraps or pitta
SWEETS	—————>	Fruit with yogurt

PROTEIN MATTERS

Aim for at least **60–75 g protein per day** (about a palm-sized portion at each meal).

Examples: chicken, turkey, lean beef, fish, eggs, beans, lentils, tofu, Greek yogurt, cottage cheese.

Nutritional drinks, shakes, or meal replacements can help if eating is difficult.

FIBER FOR BALANCE


Soluble fiber (oats, apples, psyllium) can help ease nausea and keep you feeling satisfied.

Insoluble fiber (vegetables, whole grains, seeds) supports digestion and regular bowel movements.

Increase fiber gradually and drink plenty of fluids to reduce discomfort.

FOOD SUPPLEMENTS

Vitamin or mineral supplements may be needed if you are eating less—common ones include vitamin D, calcium, iron, and B vitamins. Protein and fiber supplements may also be necessary. Your healthcare team will guide you—talk to them to see how to incorporate supplements into your daily routine.

 **Speak to your nurse or doctor if:** You are eating much less than usual. You notice fatigue, dizziness, hair loss, or other changes.

EXAMPLE ONE-DAY MEAL PLAN

Breakfast	Greek yogurt with berries and a sprinkle of oats (protein + soluble fiber)
Snack	Handful of nuts or a boiled egg
Lunch	Grilled chicken or tofu wrap with salad, wholegrain wrap
Snack	Roasted chickpeas or apple slices with peanut butter
Dinner	Salmon with steamed vegetables and quinoa
Fluids	Water, tea, coffee (unsweetened), low-fat milk across the day