



GLP - 1

# BASED THERAPY FOR WEIGHT LOSS



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A smiling woman with a leopard print headband and tattoos, holding a fork with a salad fork and a bowl of salad.

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# WHAT TO EXPECT ON **GLP - 1** BASED TREATMENT



**GLP-1**-based medicines can support your weight-loss journey. Everyone's experience is different, but here's a general idea of what many people notice over time.

## FIRST MONTH

- You may feel nausea or have an upset stomach as your body adjusts.
- Your appetite will usually shrink, so you may feel full sooner.
- Your doctor or nurse may slowly increase your dose to help reduce side effects.


 **Tip:** Eat smaller meals, eat slowly, and sip fluids regularly throughout the day.

 **Call your nurse/doctor if:**

- Nausea or vomiting is severe or persistent.
- You struggle to drink enough fluids (at least 6–8 glasses or a large bottle of fluid every day).

## BEYOND 9 MONTHS

- Weight loss often slows and becomes more about maintenance.
- Staying active, eating well, and setting long-term goals will help.
- Your healthcare team may review whether treatment should continue.


 **Tip:** Think about what helps you feel your best—not just the number on the scales.

 **Call your nurse/doctor if:**

- You're worried about regaining weight.
- You want extra support with diet, exercise, or emotional health.

## MONTHS 2–9

- You will usually see steady weight loss if you keep taking your medication.
- Many people find their eating habits improve—less snacking, smaller portions.
- Building in healthy routines (balanced, nutritious meals, gentle exercise, good sleep, reducing stress) helps keep weight loss on track.

 **Tip:** Focus on progress, not perfection. Small, consistent steps matter.

 **Call your nurse/doctor if:**

- Side effects make daily life difficult.
- You feel dizzy, faint, or unusually tired.



### REASSURANCE

It's normal to have ups and downs. **Remember, you are not alone**—your healthcare team is there to guide and support you at every stage.

# 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

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


# SMALL CHANGES MAKE A BIG DIFFERENCE

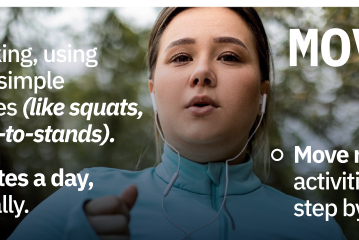
Alongside **GLP-1**-based treatment, small lifestyle habits can help you feel stronger, more energetic, and more in control of your health.

## EAT WELL



- Aim for a **balanced plate** with protein, vegetables, whole grains, and healthy fats.
- **Plan meals ahead** to reduce last-minute choices or reliance on snacks.
- **Eat slowly and mindfully** — take time to enjoy your food, notice when you feel full — and celebrate small changes.

 **Tip:** Even small swaps (e.g. wholegrain bread instead of white) can make a real difference over time.

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- **Easy activities:** walking, using resistance bands, or simple bodyweight exercises (*like squats, wall push-ups, or sit-to-stands*).
  - Aim for **10–15 minutes a day**, then build up gradually.

## MOVE YOUR BODY

- **Move regularly and gently**, find activities you enjoy, and build strength step by step.

## SLEEP MATTERS



- **Keep a regular bedtime and wake-up time.**
- **Limit screen time and blue light** for 1 hour before bed.
- Create a **calm routine** (reading, gentle music, or stretching).
- **Sleep consistently and calmly** — set a routine, unwind before bed, give your body time to recharge.

# MANAGING STRESS

Try breathing apps or guided relaxation.

Journaling can help clear your thoughts.

Stay connected with friends, family, or support groups.

Think clearly and kindly — manage stress, take pauses, stay connected with others—and don't be too hard on



## QUIETING FOOD THOUGHTS

Distraction therapies such as walking, reading, puzzles, or hobbies can reduce “food noise” (constant thoughts about eating).

## TRACK YOUR PROGRESS

Use a simple tick list to keep yourself on track.

EXAMPLE

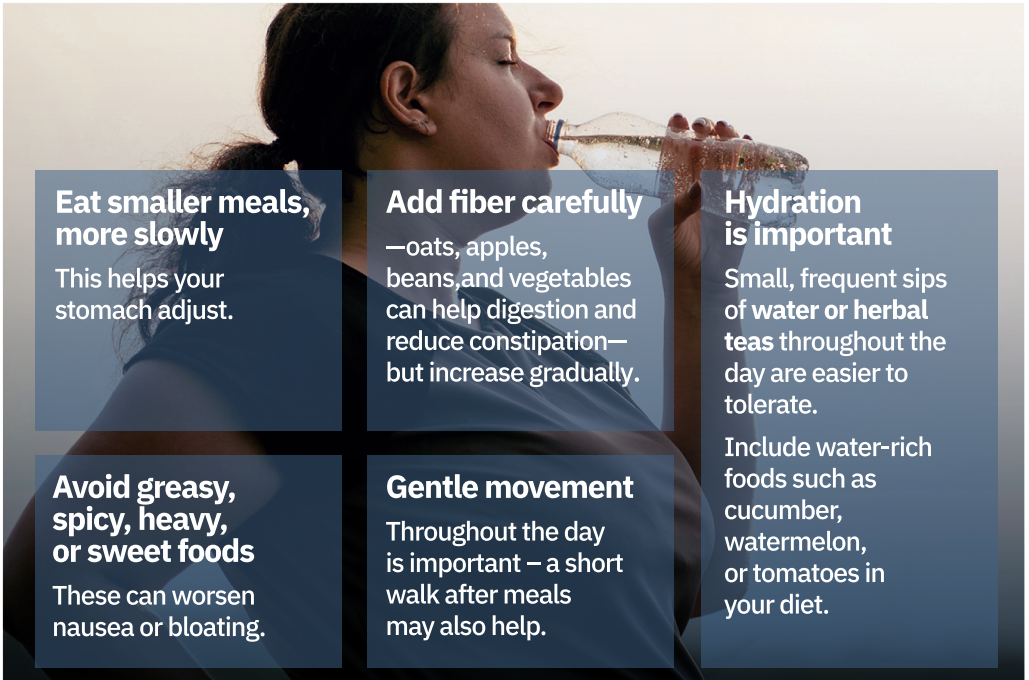
<input checked="" type="checkbox"/>	Did I move today?
<input type="checkbox"/>	Slept 7+ hours?
<input type="checkbox"/>	Drank enough water?

**Remember:** *It's not about doing everything at once. Small, steady steps add up over time and support your health while on treatment. These pillars of self-care make a real difference over time.*

# FEELING NAUSEOUS OR BLOATED? HERE'S WHAT YOU CAN DO

Mild stomach side effects are common when starting **GLP-1**-based treatment. They often improve with time. Small changes to eating and drinking can help you feel better.

## SIMPLE STEPS TO TRY



### **Eat smaller meals, more slowly**

This helps your stomach adjust.

### **Add fiber carefully**

—oats, apples, beans, and vegetables can help digestion and reduce constipation— but increase gradually.

### **Hydration is important**

Small, frequent sips of water or herbal teas throughout the day are easier to tolerate.

### **Avoid greasy, spicy, heavy, or sweet foods**

These can worsen nausea or bloating.

### **Gentle movement**

Throughout the day is important – a short walk after meals may also help.

Include water-rich foods such as cucumber, watermelon, or tomatoes in your diet.

# EASING SYMPTOMS

A **mint or ginger-based drink** or a light snack such as **plain crackers or apple slices**, taken about 30 minutes after your medicine, may help reduce nausea.

Try to **avoid strong food smells**, which can make nausea worse.

**Eating slowly and upright** (and staying upright for a while after eating) can reduce nausea and reflux.

**Herbal teas** (peppermint, ginger) may ease bloating or mild nausea for some people.

**Plain foods** (toast, rice, bananas) can sometimes be gentler when appetite is low.



**Tips:** keep a **food diary** to see what works best for you.

## WHEN TO CALL YOUR NURSE OR DOCTOR



CONTACT YOUR HEALTHCARE TEAM IF

Nausea or vomiting is severe or ongoing.

You cannot keep fluids down.

You have severe abdominal pain.

You feel dizzy, faint, or very weak.

Bloating or pain does not improve after simple measures.

# KEEPING YOUR STRENGTH WHILE LOSING WEIGHT

When losing weight, it's important to protect your muscles. This helps you stay mobile, independent, and energetic.

## WHY MUSCLE MATTERS

Muscles support **daily movement, balance, and posture.**

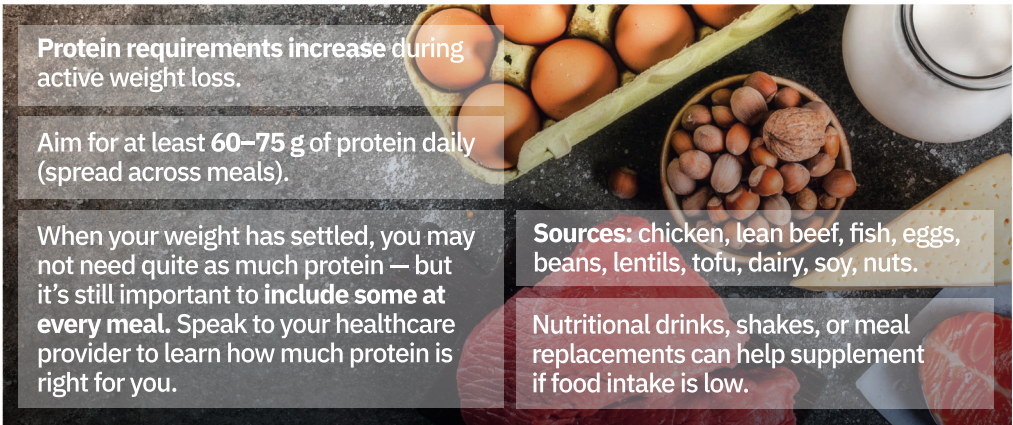
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They help maintain a **healthy metabolism.**

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**Preserving muscle** lowers the risk of weakness and falls.

## EAT ENOUGH PROTEIN



**Protein requirements increase** during active weight loss.

Aim for at least **60–75 g** of protein daily (spread across meals).

When your weight has settled, you may not need quite as much protein — but it's still important to **include some at every meal.** Speak to your healthcare provider to learn how much protein is right for you.

**Sources:** chicken, lean beef, fish, eggs, beans, lentils, tofu, dairy, soy, nuts.

Nutritional drinks, shakes, or meal replacements can help supplement if food intake is low.

# MOVE TO STAY STRONG

Include **resistance training** 2–3 times per week.

Examples: resistance bands, light weights, or bodyweight exercises like squats, push-ups, and sit-to-stands.

Add **walking or cycling** to support endurance.



## STAY NOURISHED AND HYDRATED



Balanced meals with **protein, fiber, and healthy fats**.



Aim for at least **6–8 glasses** or a large water bottle of **fluid daily** to support muscle function.

## CHECKLIST TO PROTECT YOUR MUSCLES



I include protein at every meal.



I do strength exercises at least twice a week.



I drink enough water daily.



I talk to my healthcare team if I notice weakness, fatigue, or changes in strength.

***Remember: Protecting your muscles is just as important as losing weight. Strong muscles mean a stronger, healthier you.***

# STAYING MOTIVATED WHILE LOSING WEIGHT

Weight loss is about more than numbers on the scale.  
Staying positive and consistent will help you succeed on treatment.

## CELEBRATE WINS BEYOND THE SCALE

Notice how your **clothes fit** more comfortably.

Enjoy feeling **more energetic** in daily life.

**Better sleep quality** is a real achievement.



**Tips:** Write down three non-scale wins each week.

# STAY ENGAGED

## Set realistic goals

Small, clear steps are easier to reach.

## Try journaling

Or writing short notes about your progress.

## Use a visual progress chart

Stickers, a wall calendar, or an app can help you see your journey at a glance.

# DEALING WITH SETBACKS

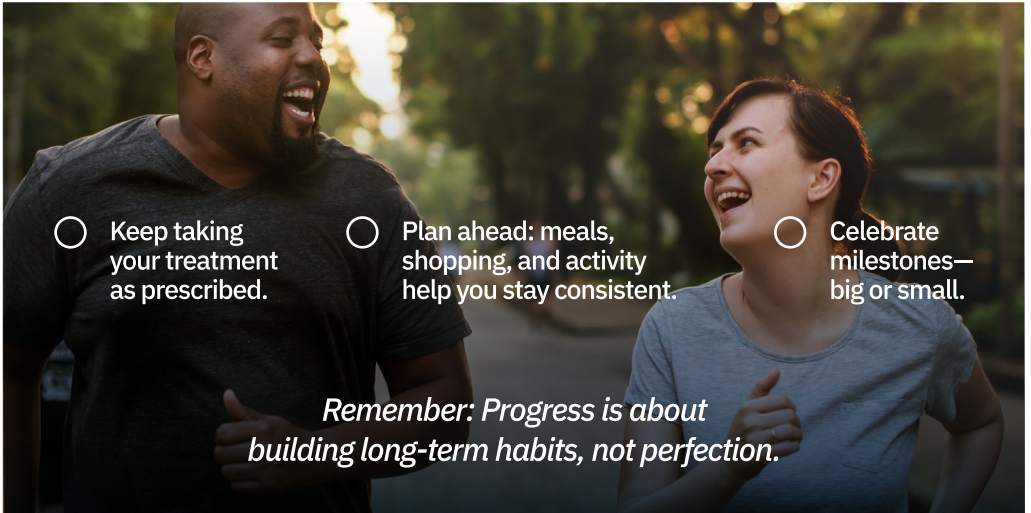
Everyone has ups and downs.

A setback is **normal not failure**.

Use it as a chance to reset and keep going—not as a reason to give up.

 **Tips:** Talk to your healthcare team if you feel stuck—they can help you adjust.

# KEEPING UP MOMENTUM



○ Keep taking your treatment as prescribed.

○ Plan ahead: meals, shopping, and activity help you stay consistent.

○ Celebrate milestones—big or small.

*Remember: Progress is about building long-term habits, not perfection.*



Nestlé Health Science is not a manufacturer of GLP-1 receptor agonist (RA) therapies. Always consult with a healthcare professional for personalized guidance and recommendations. It is important for patients taking GLP-1 therapies to consider their nutritional needs. The information provided herein is intended for educational purposes only and should not be construed as medical advice.