

YOUR GUIDE TO EATING WELL AND FEELING BETTER ON **GLP - 1** BASED TREATMENT FOR WEIGHT LOSS



What to Eat • How to Move • Feeling Your Best

YOUR JOURNEY STARTS HERE

A woman with dark hair in a ponytail is shown in profile, drinking water from a clear plastic bottle. She is wearing a dark-colored t-shirt. The background is a soft, hazy light, suggesting an outdoor setting at dawn or dusk. Three semi-transparent white rounded rectangular boxes are overlaid on the image, each containing text. A vertical line with small circles at the end connects the boxes. The text in the boxes is as follows: 'GLP-1- based treatment can support your weight-loss journey.' (top), 'The medicine helps you feel full and eat less.' (middle), and 'But nutrition, movement, and self-care still matter.' (bottom). At the very bottom of the image, there is a separate line of italicized text: 'This is a tool – your choices still count.'

GLP-1- based treatment can support your weight-loss journey.

The medicine helps you feel full and eat less.

But nutrition, movement, and self-care still matter.

This is a tool – your choices still count.

KEY DIETARY POINTS



Protein

Fewer cravings, stronger muscles



Fiber

Better digestion, longer fullness



Fluids

Aim for 6–8 glasses or one large bottle every day



Go slow

With portions – smaller meals feel just right

WHAT TO EAT MORE OF



Protein-rich foods: chicken, fish, lentils, yoghurt, eggs (palm-sized portion with every meal)



Fiber: oats, berries, colorful vegetables, beans, wholegrains (increase slowly, drink plenty of fluids)



Vitamins and minerals: fruits, vegetables (leafy greens, colorful varieties), wholegrains, beans, lean proteins, nuts, seeds



Fluids: water, sugar-free drinks, herbal teas



Tip: Easy swaps – try Greek yoghurt instead of cream, sparkling water instead of fizzy drinks.

A SAMPLE DAILY MEAL PLAN ON

GLP - 1

1200–1400 kcal balanced day; easy to prepare

Morning	Light breakfast – protein + fiber	eggs + wholegrain toast
Lunch	Small portion, include wholegrains, water	whole wheat crackers, hummus & mozzarella
Dinner	Veg + lean protein	fish, chicken, beans
Snacks	Protein + fiber	yoghurt, nuts, fruit

Remember: Walk, hydrate, stretch breaks

PRESERVING YOUR MUSCLES

Why it matters: Muscle keeps you strong, active, and helps burn energy. Protein requirements increase during weight loss.

WAYS TO PROTECT MUSCLES

Foods rich in quality protein at every meal

Resistance training or light weights, at least 2-3 times per week

Hydration (75% of muscle is water)



GENTLE MOVEMENT THAT WORKS

Walking: try 10 minutes after meals

Resistance bands: short routines at home

Squats, push-ups, sit-to-stands

Stretching, chair yoga, dancing

Exercise snacks: 5–10 min bursts across the day (walking, squats, climbing stairs)



Don't wait to feel "fit" – moving now protects your muscles

WHY SLEEP, MOOD AND STRESS MATTER

Sleep affects hunger hormones, energy and recovery

Stress and low mood can affect motivation, appetite, and weight

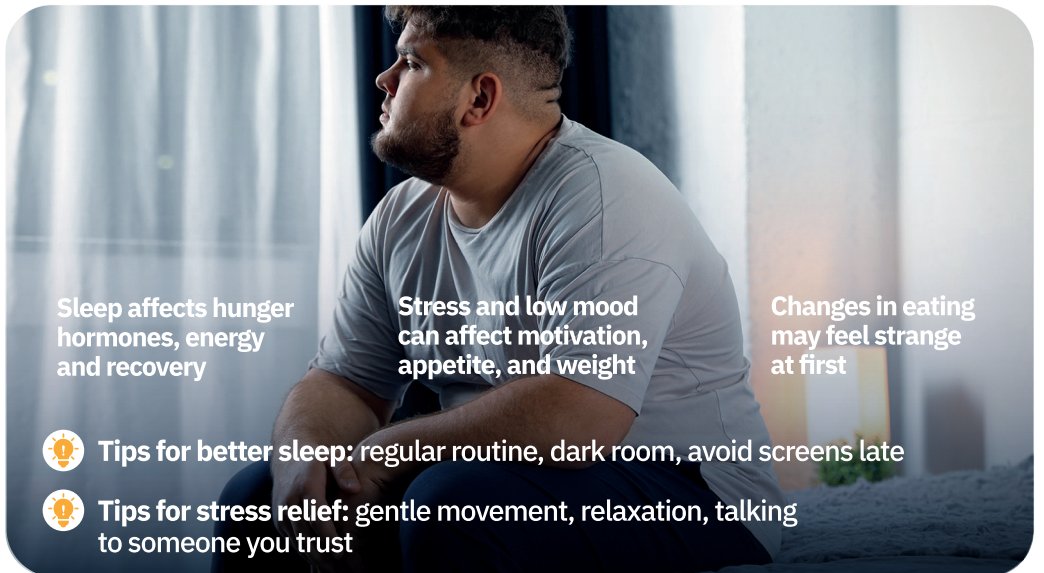
Changes in eating may feel strange at first



Tips for better sleep: regular routine, dark room, avoid screens late



Tips for stress relief: gentle movement, relaxation, talking to someone you trust



MANAGING COMMON SIDE EFFECTS OF MEDICATION

NAUSEA?

Try bland meals, eat slowly, avoid greasy food/strong smells

CONSTIPATION?

Add fiber, drink more, move more

BLOATING?


Sip ginger or peppermint tea, avoid fizzy drinks

FATIGUE?

Drink more, eat well, move more; micronutrient supplements may be needed

HAIR LOSS?






Balanced, protein-rich diet; micronutrient supplements (e.g. iron, zinc) may help

 **Call your nurse or doctor if:**
Symptoms don't improve or get worse.



MY PROGRESS PAGE

Track your:

 Meals	
 Activity	
 Sleep	
 Mood/ Stress	
 Goals	

What went well this week?"

Space to jot down questions for your next check-up:





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.