



# 5 Tips to Improve Nutrition on GLP-1 Weight Loss Medication

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## Reduce fatty foods

It is harder for your body to digest fat, so aim for a low-fat diet. When you choose fat, choose healthier fats like nuts, avocado and olive oil. Choosing a lower-fat diet will help to reduce nausea associated symptoms.

## Focus on lean protein

Lean protein has less fat on it. You want most your meals to focus on protein to reduce the risk of losing lean muscle mass. E.g. Chicken (no skin), fish, eggs, tofu, tempeh. Don't forget calcium rich foods (dairy, tofu, sardines, fortified plant milks). Take a vitamin D supplement between October and March to help with calcium absorption. Please start resistant/weight training to help reduce loss of muscle mass.

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## Focus on fibre

Try to aim for one portion of **wholegrains** per day e.g. oats, all-bran flakes, weetabix, wholemeal toast, wholegrain rice. **Beans** and **pulses** e.g. lentils also contain a lot of fibre. Try to think about which meals of the day you can add more **fruit** and **vegetables** as they contain fibre, vitamins and minerals. E.g. One kiwi has 3-4 g fibre and is high in vitamin C.

## Ensure you keep hydrated

Try to aim for eight glasses of water per day. Have them between meals, as if you have them with meals, it may make you nauseous

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## Reduce ultra-processed foods

Keep ultra-processed food to a minimum to avoid nausea. When you are out and about, still choose what you fancy to avoid feelings of deprivation but choose smaller portions.





## With My 121 unique coaching we will:

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- 01 **Support you in developing healthy behaviours, habits, and lifestyle changes.**
- 02 **Help you to improve your relationship with food.**
- 03 **Constantly check-in.**
- 04 **Support you with monthly review calls**
- 05 **Ensure you are getting essential nutrients into your lower-calorie diet.**
- 06 **Reduce risk of nutrient deficiencies/malnutrition.**
- 07 **Help you to maintain lean muscle mass.**
- 08 **Refer you to a personal trainer or physiotherapist.**



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