

Eating well on GLP-1 medication

A one-page starting guide for people already prescribed a GLP-1 medication. General information, not a personal plan.

Five principles

- **Small and regular.** A few small eating times across the day usually work better than three big meals.
- **Protein first.** Start each meal or snack with the protein part while you still have room.
- **Don't skip meals** just because you are not hungry. A quiet appetite makes it easy to fall short on nutrients.
- **Sip fluids through the day** rather than drinking a lot with meals.
- **Go easy on rich meals,** alcohol and fizzy drinks, especially after starting or a dose increase.

Often sit well

Eggs, Greek yoghurt, milk or fortified soy milk, cheese, fish, chicken, tofu, lentils and beans, soups, oats, toast or crackers, rice, soft cooked vegetables, fruit such as berries and bananas.

Often cause trouble

Greasy or fried take-away, creamy sauces, very spicy meals, large portions, rich desserts, alcohol, fizzy drinks.

Nutrients worth keeping an eye on

- Protein, to help protect muscle.
- Fibre and fluid, to help with constipation.
- Vitamin D, iron, vitamin B12 and calcium. Ask your GP whether a blood test is needed before starting supplements.

Questions to bring to your dietitian

- How much protein do I personally need, and how do I fit it in when I'm full after a few bites?
- Do I need a supplement, or can food cover it?
- Which foods are triggering my nausea, reflux or constipation?
- How do alcohol and social eating fit in?
- How should I plan my eating for when the medication stops?

Call your doctor if you cannot keep fluids down, have ongoing vomiting with dizziness or confusion, signs of dehydration, or severe stomach pain that does not go away (especially if it spreads to your back). Don't change or stop your medication without talking to your prescriber.

Want this turned into your own plan?

Our GLP-1 medication support consult is 45 minutes with an Accredited Practising Dietitian, by telehealth anywhere in Australia or in person at Mount Hutton.

ausclin.com.au/glp1-dietitian
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