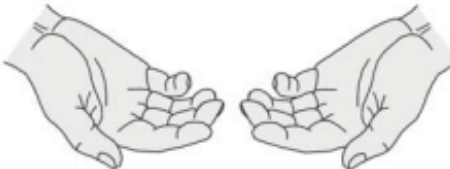


Patient information

Top diet tips for GLP-1 use

Handy portion guide

You can use your hand to estimate suitable portions.

	Starchy carbohydrates and fruit: Include a starchy carb with every meal and choose an amount the size of your fist.
	Vegetables: Choose as much as you can hold in both hands.
	Protein foods*: Always include some of these with every meal. Choose an amount up to the size of the palm of your hand.
	Fats: A portion of oil, spreads, mayonnaise etc, is around 1 teaspoon or an amount the size of the tip of your thumb.

Dairy products*:

Handy measure for cheese – size of two fingers.

Keep active

Most people can do some activity, but if you are unsure because of your health, ask your doctor for advice before you start.

Activity will help to keep your muscle strength. This is essential for healthy ageing and managing your weight, both now and in the future.

Losing muscle strength makes everyday movement more difficult and can increase the risk of falls. It will also make weight gain more likely.

Aim to do some strength activities at least twice a week which help to keep your muscles strong. These include things like tai chi, yoga, Pilates and similar classes, or strength training using gym equipment, free weights, resistance bands or your own body weight.

In addition, at least **150 minutes a week of moderate intensity activity** is recommended for general health.

You can split this up over the week such as 30 minutes a day for 5 days. Moving around for 10 to 15 minutes after you have finished your meal can slow down the rise in your blood glucose level.

Other tips for being more physically active:

- Activities could include walking, swimming, cycling, dancing, housework, gardening and washing the car or windows.
- Build in activities after meals such as going for a walk or doing some housework.
- Be realistic with your goals. Try to think about what you can do rather than what you can't do.

Build up gradually

Over time aim to do activities at a moderate intensity. This should make you breathe faster and feel warmer but you should still be able to have a conversation.

- If you are already active, try to challenge yourself with different activities or do things for longer or more intensely.
- Keep a record of your progress to see how far you have come. You could monitor your step count or use a fitness tracker. This can help you to stay motivated.

Future health and wellbeing

For anyone losing weight over a long period of time, it is important to make sure that your dietary intake is providing your body with everything it needs to stay well now and in the future. It is therefore recommended that you:

1. Eat enough protein foods

Alongside doing strength exercises, make sure you are eating enough protein foods to keep up your muscle strength.

To do this, include some protein food with each meal and choose protein rich snacks.

Protein is a nutrient found in certain foods and is used to help with growth, maintenance, and tissue repair. Muscle is made up of protein.

Meat, fish, poultry, dairy products and eggs are good sources of protein. Vegetarian and vegan sources include tofu, Quorn™, nuts, beans and pulses. It is suggested you try to take something high in protein at each of your meals and also try to include 1 or 2 high protein snacks.

It is always best to get your protein from normal foods and drinks. Protein supplements can be expensive and are usually only required if you are struggling to eat enough protein in your usual diet.

Ideas of protein snacks:

- Skyr Yoghurts
- Protein enriched yogurts
- Soya products
- Ricotta and cottage cheese with 2 ryvitas or 4 crackers
- Tuna, smoked salmon or sardines with crackers or ryvitas
- Chicken bites/slices or quorn bites/poppers or picnic eggs or cocktail sausages
- Boiled eggs
- Cheese strings *be careful as they contain more calories
- Nuts *be careful as they contain more calories
- Edamame beans
- Hummus *be careful as they contain more calories with vegetable sticks

2. Get your vitamins and minerals

You should get all the goodness you need from a healthy diet. However, if your appetite is very reduced over a long period of time, consider taking a complete multivitamin and mineral supplement daily.

You can buy these at pharmacies and supermarkets.

Accessibility

If you require this leaflet in a different format, please contact the patient advice and liaison service on 01284 712555 or email PALS@wsh.nhs.uk

If you would like any information regarding access to our Trust services and facilities, please visit the website for AccessAble:

<https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>



© West Suffolk NHS Foundation Trust

Source: Nutrition & Dietetics
Reference No: 7124-1
Issue date: 21/7/25
Review date: 21/7/28

Putting you **first**