

HEALTHY DIET FOR PEOPLE WITH OBESITY AND DIABETES ON GLP-1RA THERAPY

HEALTHY FAT



- With moderation
- **Recommended:**
 - 25-60 g/day for a 1200-1500 kcal/day diet
 - 35-70 g/day for a 1500-1800 kcal/day diet
- Aid in the absorption of fat-soluble vitamins and stimulate gallbladder emptying
- **Examples:** olive oil, nuts, seeds, fatty fish

FRUITS AND VEGETABLES



- Five servings per day (e.g., two fruit portions and three non-fried vegetable portions)
- Consuming a wide variety of fruits and vegetables optimizes intake of vitamins, minerals, and other beneficial nutrients
- Dietary fiber intake targets for
 - **Women:** ≥ 25 g/day
 - **Men:** ≥ 30 g/day
 - **People with diabetes:** ≥ 35 g/day

PHYSICAL ACTIVITY



Physical activity is necessary

- Follow an individualized exercise training program based on ≥ 150 minutes/week of moderate-vigorous intensity aerobic activity and resistance training
- A stepwise approach with shared and measurable goals agreed between the HCP and patient is recommended

WATER



Hydration is important

- **Fluid intake:** >2 L/day of water or non-sugary drinks
- Avoid alcohol

WHOLE GRAINS



- Consuming a variety of whole grains is recommended (e.g., wholewheat bread, whole grain pasta) to ensure adequate dietary fiber intake
- Choose versions with less added fat, salt, and sugar

HEALTHY PROTEIN



During weight loss phase:

- **Protein intake:** 1.2-1.5 g/kg/day or 25-30% of daily energy intake (e.g., 100-120 g/day for a 1600 kcal/day diet)
- Favor lean meat, fish, eggs, low-fat dairy products, legumes

During weight loss maintenance phase:

- **Protein intake:** ≥ 0.8 g/kg/day
- For subjects with higher requirements, e.g., >60 years of age, at risk of sarcopenia, high level of physical activity: >1.0 -1.2 g protein/kg/day



Reference: Sievenpiper JL, Ard J, Blüher M, Chen W, Dixon JB, Fitch A, Gigliotti L, Khunti K, Lecube A, Lean ME, Mittendorfer B. Nutritional and lifestyle supportive care recommendations for management of obesity with GLP-1-based therapies: An expert consensus statement using a modified Delphi approach. Obesity pillars. 2025 Nov 11:100228.

Disclaimer: This information is for education purposes only. For more information, please reach out to your registered healthcare practitioner.

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