

# TIPS FOR STARTING GLP-1



## ✓ Eat smaller, more frequent meals

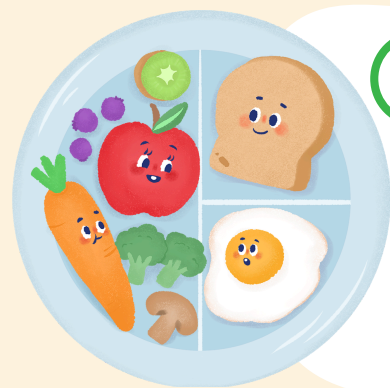
**Why?** GLP-1 medicines make food leave your stomach slowly. This helps you feel full longer, but it might make you feel uncomfortable if you eat too much at once.

- **Tip:** Eat smaller meals and snacks (3 main meals and 2-3 snacks) every day.

## ✓ Listen to your hunger

**Why?** GLP-1 medicines can make you feel less hungry. This is good for managing blood sugar and weight, but it's important to eat enough food to stop muscle loss.

- **Tip:** If you feel hungry, eat. If you're not hungry, don't force yourself.



## ✓ Choose healthy foods

**Why?** If you're eating less because of the medicine, make sure the food you do eat is full of vitamins and minerals.

- **Tip:** Eat lots of vegetables, lean meats (like chicken or fish), grains (like wholegrain bread, oats) and healthy fats (like nuts and avocado).

## ✓ Eat protein rich foods

**Why?** Protein helps you feel full and keeps your muscles strong.

- **Tip:** Eat protein with every meal, like eggs, chicken, or tofu. This will help you feel full and stop muscle loss.



## ✓ Drink plenty of water

**Why?** GLP-1 can sometimes make you thirsty because it can make you pee more.

- **Tip:** Drink at least 8 cups of water every day. You can also eat foods with lots of water, like fruits and vegetables. This will also prevent constipation. Avoid sugary and fizzy drinks as these can make you feel bloated.



## ✓ Move your body every day

**Why?** Using your muscles helps to move sugar out of your blood stream.

- **Tip:** Try to join a sports team at school; dance to YouTube videos; or go for a 5 minute walk after meals.



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## What should I do when I am hungry?

**Why?** GLP-1 makes you feel less hungry, but you still need to be careful not to eat too much when you do feel hungry.

- **Tip:** Use smaller plates to help eat less. Eat slowly so your brain knows when you're full. Talk to your dietitian about snack ideas!



## What should I do if my tummy hurts?

GLP-1 can sometimes cause stomach problems like feeling sick, bloated, or constipated.

- **Tip:** If you feel sick, eat bland foods like crackers or toast. If you're constipated, eat more fruits, veggies and drink water. You can also have a fibre supplement.



## Don't eat right before bed

GLP-1 can make your stomach slow down, and eating too close to bedtime might make your stomach hurt.

- **Tip:** Try to finish eating at least 2-3 hours before going to bed. This helps your stomach feel better at night and help you sleep better.