

EAT SMART not just LESS



Good nutrition + strength training = stronger body, better results!

These medicines help you eat less... but you still need to eat **WELL**.

1 YOUR APPETITE IS LOWER... but your nutrition still matters



Eating too little or skipping meals can lead to:

- ✗ loss of muscle (not just fat)
- ✗ tiredness & weakness
- ✗ hair loss, low mood
- ✗ slower metabolism
- ✗ risk of nutrient deficiencies

★ Your body still needs fuel, even when you don't feel hungry.

2 PROTEIN FIRST at every meal

Aim for a palm-sized portion



EGGS



GREEK YOGURT



CHICKEN



TUNA



SALMON



COTTAGE CHEESE



TOFU



BEANS/ LENTILS



PROTEIN SHAKE

★ Aim for protein with every meal and snack (approx. 20-30g per meal for most adults).

3 VEGETABLES NEXT... CARBS LAST



- 1 Fill ½ your plate with vegetables or salad
- 2 Add your protein
- 3 Add carbs last and keep portions smaller

★ This order helps you feel fuller on the foods that are most nutritious.

4 SMALL NOURISHING MEALS BEAT SKIPPED MEALS



Think small but powerful meals



Instead of:

- skipping meals
- tea + toast
- biscuits & snacks
- picking at carbs



Little and often is fine – aim for protein + veg options that are easy to digest.



5 STRENGTH EXERCISE PROTECTS YOUR MUSCLES

When you lose weight, do strength work to hold on to muscle (not just lose it!).

Aim for 2-3 times per week!



SQUATS TO CHAIR



LIGHT DUMBBELLS



RESISTANCE BANDS



WALL PUSH UPS



SIT TO STANDS

★ Build muscle = stronger body, better balance, more energy, better blood sugar control.

6 FLUIDS + FIBRE EVERY DAY



SIP FLUIDS THROUGHOUT THE DAY

Water is best – aim for pale straw coloured urine.

INCLUDE FIBRE FOODS

- vegetables
- fruit (berries are great!)
- beans, lentils
- wholegrains
- seeds & nuts



Helps digestion, prevents constipation and keeps you feeling your best.



LESS HUNGER SHOULD NOT MEAN LESS NUTRITION.
Eat smart. Move strong. Feel amazing.



EVERY BODY IS DIFFERENT
Listen to your body and work with your healthcare team for personalised advice.