

# Type 2 diabetes

## Advice for those who are stopping GLP-1 medications



### Why am I being given this advice?

There is currently a shortage of GLP-1 medications which are used to treat diabetes. As a result some patients will no longer be prescribed GLP-1 medications. This advice has been created to help support those coming off these medications, to help minimise weight gain and improve blood glucose levels.

### Top tips

**Be mindful that hunger may increase and fullness may decrease** - check if you are 'head' hungry or 'tummy' hungry. Having a drink and waiting for 15 minutes can help you sense check whether you are really hungry or just bored and 'head' hungry.

**Fill up on proteins** - proteins such as chicken, fish, eggs, beans and pulses (e.g. chickpeas, butter beans, kidney beans and lentils), nuts and seeds help to keep you fuller for longer and prevent sugar surges (which make you hungry again).

**Include plenty of non-starchy vegetables with your meals** - examples include kale, spinach, lettuce, rocket, cabbage, carrots, swede, courgettes, squash, broccoli, cauliflower and mushrooms. Fill at least half of your plate with these as per the diagram on the right.

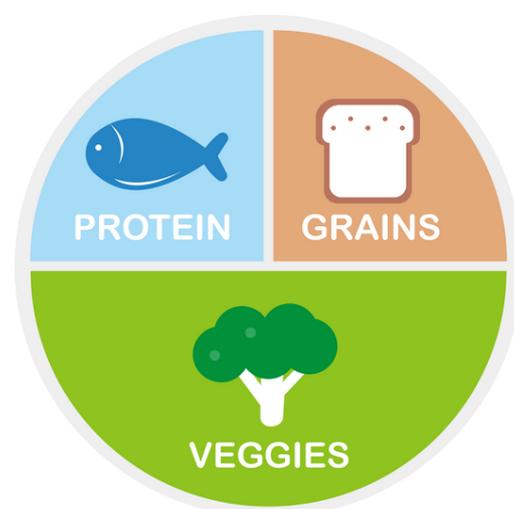
**Drink plenty** - try to drink mainly water and at least 2 litres a day. Drinking 500mls before meals can help reduce your energy intake by 15%.

**Eat regularly** - and try to have breakfast, this may help minimise hunger and over eating.

**Think about the type of food you are eating and how you cook it** - try to choose unprocessed foods and avoid frying foods. Choose leaner cuts of meat and avoid adding unnecessary sweet and high fat sauces to meals.

**Use smaller plates** - you'll serve smaller portions.

**Avoid distractions when eating** - turn off the TV, devices etc and be more mindful of your mouthfuls, sit at a table when you eat.



**SLOW down....**eat slowly and make sure you enjoy every mouthful. Try putting your knife and fork down between bites and swallow your mouthful before thinking about the rest. Time yourself, aiming to eat your meal over a period of at least 20 minutes.



**Limit alcohol** - this is an appetite stimulant. If you do have an alcoholic drink, try to have low alcohol versions and don't drink on an empty stomach as you'll be more tempted to reach for the snacks.

**Keep active** - keeping active, particularly after eating, helps to lower your glucose levels naturally.

## Tips for keeping the weight off for good

**Keep reminding yourself why you wanted to lose weight and the benefits of it** – feel better, sleep better, more energy, better mood and confidence, better mobility, better blood pressure, lower risk of heart disease and stroke, better diabetes control ...

**Plan ahead as much as possible**- food, shopping, what to do when out and about.

**Keep to small, realistic achievable changes or goals** and revisit what you have achieved – remind yourself how good you have become

- Keeping a food diary (or photo diary) can help you keep / get back on track
- Check your meal routine is not slipping into missed or unplanned meals and that portion sizes aren't getting bigger
- Plan for celebrations, holidays – knowing you can take part and manage your weight at the same time

**Weigh yourself regularly** but remember it's normal for weight to fluctuate a little (by up to 5%) and normal to regain some weight after weight loss. Don't be put off by this, stay determined and continue with your changes.

**Try to increase your activity levels and limit the amount of time you sit still.** Reducing sedentary time can really help

**Acknowledge any setbacks**, these will happen and it is normal. Try to learn from these and move forward with a positive attitude.

**Be patient and persevere** and don't be afraid to ask for additional support. Ask your health care professional about other support services which may be available in your local area.

**For further information on eating well with type 2 diabetes** - visit [diabetes.org.uk](https://www.diabetes.org.uk) or scan the QR code on the right.

