

# Nutrition in the Era of Diabetes and Obesity

Ms Sheryl Salis, Founder & Director, Nurture Health Solutions

Obesity was described as a complex chronic disease that requires an interdisciplinary approach involving physicians, dietitians, psychologists, and other healthcare professionals to address the diverse factors influencing weight gain and weight loss.

She highlighted the importance of conducting a comprehensive nutritional assessment before initiating GLP-1 RA therapy. Since GLP-1 receptor agonists reduce appetite and food intake, professional dietary guidance is essential to ensure adequate nutrient intake and prevent nutritional deficiencies that may arise from reduced food consumption.

Participants were advised to prioritize protein intake to preserve lean muscle mass during weight reduction, with recommendations of approximately. She further discussed the management of common gastrointestinal side effects associated with GLP-1 therapy, including nausea, vomiting, diarrhoea, constipation, and gastrointestinal discomfort. Practical dietary strategies such as eating smaller, more frequent meals, limiting high-fat foods, maintaining adequate hydration, and choosing easily digestible foods were discussed as effective measures to improve tolerance and adherence to treatment. The importance of physical activity, particularly resistance and strength-training exercises, was also highlighted.

Concluding the session, she reinforced that pharmacotherapy should complement, rather than replace, nutrition and lifestyle interventions.