

Table 1. Nutritional recommendations.

Nutritional consideration	Recommendation	Encourage	Limit or avoid
Energy intake	Individualise; usually occurs automatically		If <800 kcal/day or nutritional requirements unlikely to be met, consider down-titrating or pausing therapy
Protein	1.0–1.5 g/kg adjusted body weight/day*† during weight loss, and 0.8–0.9 g/kg adjusted body weight/day for maintenance Supplement if needed	Spread throughout day – 20–30 g per meal Quality lean proteins – fish, skinless poultry, beef (small amounts), dairy, eggs, tofu, tempeh, unsalted nuts or seeds (<30 g)	Processed or high-fat meats
Fibre	≥25 g daily soluble fibre (oats, legumes, fruits, psyllium) and insoluble fibre (vegetables, whole grains, wheat bran) Build intake gradually	Prioritise high-fibre foods – vegetables, whole fruits, whole grains, legumes If constipation, add 3–5 g psyllium with fluid and build to 10 g/day	White bread, pasta, rice, cereals made from refined flours
Fats	Monounsaturated (olive oil, rapeseed oil) and polyunsaturated fats, especially oily fish	Extra-virgin olive oil, rapeseed oil, avocados, nuts, seeds, seafood	Reduce total fat, saturated fats, fried foods, full-fat dairy, crisps, cakes
Carbohydrates	Focus on complex carbohydrates	Wide variety of fruit and vegetables, whole grains, whole wheat, legumes and unprocessed foods	Refined and processed carbs, added sugars (including in tea and coffee), sugary cereals, white rice, snacks and sweets
Fluids	2.0 L/day women, 2.5 L/day men	Water, herbal, black and green teas; coffee in moderation	Sugary drinks, smoothies, fizzy drinks
Micronutrients	Nutrient-dense foods Consider multivitamin/mineral supplement if <1200 kcal/day	>5 fruit and veg daily; one third of intake should be higher-fibre	Nutrient-poor, energy-dense and ultra-processed foods

*If chronic kidney disease, 0.8–1.0 g/kg adjusted body weight/day may be most appropriate rather than higher levels.

†Adjusted body weight = reference body weight + (0.33 × [actual body weight – reference body weight]); reference body weight is body weight at BMI 25 kg/m².