**Nutritional and lifestyle recommendations for the management of obesity with GLP-1 based therapies: An expert consensus statement using a modified Delphi approach**

AIMS: Nutritional and lifestyle modification recommendations specific for people on GLP-1 based therapies are lacking. We aimed to provide practical recommendations for (but not limited to) healthcare providers on nutritional and lifestyle strategies in association with GLP-1 based therapies for weight management.

METHODS: An international panel consisting of clinicians and nutritionists employed a modified Delphi process.

RESULTS: A total of 52 consensus statements were developed, outlining key considerations for the practical management of obesity with GLP-1 based therapies. Key consensus statements include: 1) A non-judgmental, stigma-free environment is necessary when assessing a patient living with obesity. 2) Nutrition and lifestyle recommendations should be developed using a shared decision-making approach and be personalized to support a dietary approach that is safe, sustainable, realistic, and nutritionally adequate. 3) Exercise prescription must be individualized to the needs, preferences, capacity, and health status of each patient to sustain long-term adherence and prevent injuries. 4) A variety of dietary patterns can be used effectively for weight management, provided that they meet nutritional recommendations for protein, fat, micronutrient and fibre intake. 5) Nutritionally complete low-energy formula products can be used, either as a total or partial diet replacement. 6) In cases where the patient experiences nausea or vomiting, healthcare providers should monitor symptoms, adjust the GLP-1 based therapy dose and try individualized dietary approaches to reduce or eliminate these symptoms. Proper hydration should be prioritized. 7) In cases where the patient experiences diarrhoea, an individualized pharmacological and dietary approach along with adequate hydration should be implemented. 8) If GLP-1 based therapies must be discontinued, the patient should be referred to a registered dietitian or registered nutritionist for continued nutritional support.

CONCLUSIONS: These expert consensus recommendations offer guidance for healthcare providers on nutritional and lifestyle strategies to support patients through their GLP-1 based therapy weight loss journey.

Keywords:

Liraglutide, nutrition, obesity, semaglutide, tirzepatide, weight loss