

# How to eat enough protein when your appetite is low

When taking GLP-1 medication, a common side effect you may encounter is decreased appetite. This can make it difficult to consume the daily recommended amount of protein. However, you can still incorporate enough protein into your meals and snacks with a few adjustments. Here are some tips to get started:

## **1. Prioritise protein-rich foods at the start of your meal.**

For instance, if you're having a roast chicken dinner, begin with the chicken, followed by green vegetables, and finish with starchy carbohydrates. By doing this, even if you feel full quickly, you'll have already consumed an adequate amount of protein.

## **2. Try frequent, smaller meals.**

Instead of eating large meals, consider having smaller, more frequent meals throughout the day. This approach can be less overwhelming and help ensure you still get enough protein.

## **3. Protein powders can be a convenient solution.**

You can easily incorporate them into your diet by mixing them into porridge or adding them to yogurt. However, it's important to be cautious of hidden sugars and artificial sweeteners when selecting protein powders.

## **4. Drink your protein.**

You may also consider preparing a protein shake or smoothie if solid foods are unappealing. These can be more palatable and easier to consume. Try using ingredients like milk (soy/oat/dairy), Greek yogurt/Skyr, nut butter, and fruits. You can also add protein powder to the mix.

## **5. Make protein the highlight of your snacks.**

Choose protein-rich snacks, such as boiled eggs, low-sugar protein bars, Greek yogurt, nuts, and seeds.

## **6. Make it tasty and appealing.**

Enhance the flavour of protein-rich foods by adding seasonings, herbs, and spices.

## **7. Include high-protein desserts or snacks like protein puddings, mousses, or yogurt.**

Brands like Libertie and Glenisk offer yogurts with approximately 10g of protein per 100 grams, and they can be easily found in supermarkets such as Lidl, Aldi, and Supervalu.

## **8. Add light but protein-rich ingredients.**

For example, sprinkle chia seeds, flaxseeds, or hemp seeds onto your yogurt, smoothies or salads. These small additions can increase the overall protein intake without requiring much more food.

## **9. When consuming carbohydrates, opt for varieties that contain more protein.**

Examples include quinoa, wild rice, and buckwheat. Emphasising these options can help increase your total protein for the day.

## **10. Get creative!**

A top tip from our Dietitian Hazel is to use butterbeans to create a delicious and relatively light 'mashed potato' alternative. Miso paste or hummus can add a rich flavour to this dish.