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NEW Practitioner Guidelines for working with clients on GLP-1 Weight Loss Medications

Wraparound nutrition and lifestyle recommendations

We invite all BANT members to familiarise themselves with the new guidance given the likelihood of encountering clients using or considering using GLP-1 medications.

They provide a comprehensive overview of common side effects, risks, and red flags, alongside clinical considerations for managing such symptoms.



NEW Practitioner Guidelines for working with clients on GLP-1 Weight Loss Medications

Hello there,

Visit the new guidelines in the BANT professional Practice Handbook [here](#).

The use of injectable weight loss medications has grown rapidly. Given the increased awareness of weight loss medications and their availability, it is estimated that 80% of prescriptions have been obtained privately through online pharmacies or other providers. As a result, most people are not provided any wraparound care or support with diet or physical activity to achieve sustainable weight loss.

BANT members are well-positioned to support individuals taking GLP-1 medications, whether in support of weight loss or other conditions. As Nutritional Therapists in clinical practice you will have undertaken training in metabolic health, safe and sustainable weight loss, and behaviour change techniques as part of your qualification. This puts members in the unique position to offer the wraparound care for individuals on these medications while being non-judgemental and supportive, and of course continue to support individuals seeking to lose weight without injectables.

Whilst the NHS is providing some access to coaching, there is little or no known provision for the estimated 80% of clients accessing prescriptions privately. You may already be noticing a surge of enquiries in your clinics regarding this, or may wish to directly market your services to individuals and/or to GP and Primary Care networks as part of the referral system to PSA-accredited Practitioners including CNHC Registrants.

This new guidance provides information to BANT members on how to support clients who are taking injectable weight loss medications, including:

- Glucagon-like peptide- (GLP-1) receptor agonists and
- the novel gastric inhibitory polypeptide/Glucagon-like peptide-1 (GIP/GLP-1) receptor agonists

We invite all members to familiarise themselves with the new guidance given the likelihood of encountering clients using or considering using GLP-1 medications. They provide a comprehensive overview of common side effects, risks, and red flags, alongside clinical considerations for managing such symptoms.

In addition to the guidelines, and to further your understanding of the current GLP-1 landscape both within the NHS and private sector, we have provided a detailed 'background' document [here](#). This explains how GLP-1's are administered within NHS and Primary Care, their effectiveness and safety concerns. We strongly recommend reading this in conjunction with the guidelines.

Helping you communicate with confidence

Additionally, BANT has developed two new infographics to help educate and communicate the importance of wraparound nutrition and lifestyle care for GLP-1 weight loss medications.

The first, is intended to support communications to GP & PCN Networks and provide the necessary assurances about how PSA-accredited Registered Nutritional Therapy Practitioners can support their 'patients' with safe and sustainable weight loss. [Access it here and below](#).

WRAPAROUND SUPPORT FOR CLIENTS ON GLP-1 MEDICATIONS

Medication-based approaches to weight loss must be supported by a Lifestyle Medicine wraparound service to protect individuals from unintended harm and to achieve sustainable weight loss that improves health outcomes.

Using a Lifestyle Medicine approach to long-term conditions such as obesity can:

- Promote safe and sustainable weight loss through nutrition education and behaviour change
- Support improvements in dietary intake to reduce the risk of deficiencies and malnutrition
- Address the wider drivers of obesity including stress, social isolation, poor mental wellbeing, inactivity, sedentary behaviour and poor-quality sleep
- Improve metabolic markers, including blood pressure, lipid profiles and blood sugar control
- Enhance psychological wellbeing and quality of life



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The second, is intended for client communications and highlights the many considerations for an individual taking GLP-1 medications, from symptoms and side effects they may be experiencing to modifiable diet and lifestyle factors. [Access it here and below.](#)

COMMON SIDE EFFECTS OF GLP-1 MEDICATIONS

- Nausea
- Vomiting
- Diarrhoea
- Constipation
- Loss of muscle mass
- Loss of bone density
- Nutritional deficiencies

It is estimated that 80% of GLP-1 prescriptions are obtained privately. As a result, many people are not provided adequate wraparound care for safe and sustainable weight loss...



NUTRITION & LIFESTYLE WRAPAROUND CARE



...BANT members support individuals with nutrition and lifestyle recommendations, behaviour change, common symptoms, and optimising long-term health and wellbeing.

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For further enquiries, please contact the BANT Professional Practice Panel at bantpractice@bant.org.uk



British Association for Nutrition and Lifestyle Medicine (BANT)

BANT, 27 Old Gloucester Road London, WC1N 3XX

www.bant.org.uk

Registered in England Number: 3333951

Registered address: 18 Hyde Gardens, Eastbourne, East Sussex, BN21 4PT

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