

TAILORED NUTRITION CARE PATHWAY FOR PATIENTS OF ALL BMI CATEGORIES

	 UNDERWEIGHT BMI < 18.5 kg/m ²	 NORMAL BMI 18.5 – 22.9 kg/m ²	 OVERWEIGHT BMI ≥ 23 kg
A. OPTIMISE NUTRITION STEP 1 For all patients: Build the nutrition foundation	 <p>Educate on a healthy plate Refer to https://www.healthhub.sg/</p>		
	STEP 2 For patients at risk of under, unbalanced & overnutrition and / or with ‘possible sarcopenia’ [^] : Make an easy-to-adopt nutrition prescription	SUPPLEMENT IN BETWEEN MEALS 2 serves/day  Diabetes	REPLACE “UNHEALTHY” CALORIES 1-2 serves/day  Diabetes
B. PROMOTE PHYSICAL ACTIVITY	 Limit sedentary time +  Aerobic exercise* Moderate-intensity 150-300 min/week +  Strength training* 2 days per week		

UNLOCK FULL FLAVOR & BENEFITS WITH PROPER PREPARATION#



Build Muscle Mass, Strength and Immunity





Achieve Glycemic Control & Quality Weight Loss



BMI: Body Mass Index

[^]Diagnosis of Possible Sarcopenia is sufficient to start intervention;

*Perform exercise pre-participation assessment before starting any exercise more vigorous than walking in case the patient has a chronic condition;

#Recommend Ensure[®] or Glucerna[®] as part of a healthy and well balanced diet.

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