

Resources for weight management medications

Weight management medication information

- [Healthify](#)
- [Healthify: Common Questions about weight loss medications](#)
- [Healthify: Ongoing support when taking weight loss medications](#)

Nutrition

Protein

- [Dietitian Connection-Protein counter](#)
- [NEMO- Getting the right amount of protein](#)
- [Heart healthy protein foods](#)

Fibre

- [Dietitian Connection- Fibre-fuelled swaps](#)
- [NEMO- Increasing Dietary Fibre](#)
- [DNZ- Fibre](#)

Websites for recipes

- [WellSouth Nutrition information and recipe ideas](#)
- [Healthify: Healthy recipes library](#)
- [GLP-1 Friendly recipes free ebook](#)

Apps

- [Ate Food Journal: Easy + Visual app](#)
- [Easy Diet Diary](#)
- [Foodswitch](#)
- [My fitness pal](#)

Please look at the pros and cons list and the dietitian reviews on Healthify to understand the limitations of each app.

Movement/Activity Support

- [Active Southland- Green Prescription](#)
- [Sport Otago- Green Prescription](#)

Hauora Wellbeing

- [Health improvement practitioners and health coaches](#)
- [Healthify: Mental health support](#)
- [Healthify: Te Whare Tapa Whā and Wellbeing](#)
- [Healthify: Wairua](#)
- [Pasifika Wellbeing and Support](#)

WellSouth Dietitians

[WellSouth Primary Care dietitians](#)