

# Foods that Naturally Increase GLP-1 Production

## What is GLP-1?

GLP-1 is a hormone made in the gut. It helps manage blood sugar, supports fullness after meals, and slows how quickly food leaves the stomach. Certain foods and eating patterns can help the body release GLP-1 in a steady way.

### 1

## Fiber

**Fiber supports gut health and helps with steady GLP-1 release.**

- **Vegetables:** broccoli, carrots, leafy greens
- **Fruits:** apples, berries, pears
- **Whole grains:** oats, brown rice, quinoa
- **Legumes:** beans, lentils, chickpeas



**Tip:** Aim to include a fiber source at each meal.

### 2

## Protein

Protein helps with fullness and supports the release of GLP-1 after eating.

- Eggs
- Chicken or turkey
- Fish and seafood
- Greek yogurt
- Tofu and tempeh
- Beans and lentils



**Tip:** Include protein with meals and snacks to help with appetite control.

### 3

## Healthy Fats

Fats can help slow digestion and support hormone release.

- Avocados
- Nuts and seeds
- Olive oil
- Fatty fish like salmon



**Tip:** Add small amounts of healthy fats to meals for better satisfaction.

# Foods that Naturally Increase GLP-1 Production

## 4

### Fermented Foods

These foods support gut bacteria, which may play a role in GLP-1 activity.

- Yogurt with live cultures
- Kefir
- Sauerkraut
- Kimchi

**Tip:** Start with small portions if these foods are new to you.



## 5

### Minimally Processed Foods

Whole foods support steady digestion and hormone response.

- Fresh vegetables and fruits
- Whole grains
- Lean proteins

**Tip:** Limit highly processed foods that are low in fiber, such as packaged snacks, desserts, candy, fast food items, or refined grains.



### Eating Habits That Help

- Eat meals at regular times
- Chew food slowly
- Balance meals with fiber, protein, and fat
- Avoid skipping meals



### How to Put it Together

Try to include one high-fiber food, one high in protein, and some healthy fats, plus fermented foods when you can. Some examples include:

- Grilled chicken + brown rice + steamed broccoli + a drizzle of olive oil
- Hard-boiled eggs + lentils + sliced avocado + a side of plain kefir
- Canned salmon + quinoa + roasted zucchini + a spoonful of sauerkraut

