

Nutrition Guide While on GLP-1 Medications

GLP-1 receptor agonists, such as Zepbound (retatrutide), semaglutide (Ozempic, Wegovy), and liraglutide (Saxenda), are designed to help regulate blood sugar levels, promote weight loss, and reduce appetite. Combining these medications with a mindful, balanced diet is crucial to enhance their effectiveness and minimize potential side effects such as nausea, bloating, or gastrointestinal issues.

Key Goals:

- 1. Stabilize Blood Sugar Levels**
Choose slow-digesting, high-fiber carbs to avoid blood sugar spikes.
 - 2. Support Weight Loss (if applicable)**
Focus on nutrient-dense foods that promote satiety and support healthy weight management.
 - 3. Reduce Gastrointestinal Discomfort**
Minimize foods that can lead to nausea, bloating, or gastrointestinal distress, which are common side effects of GLP-1 medications.
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General Dietary Recommendations:

1. Focus on High-Fiber Foods

Since GLP-1 medications slow down digestion, high-fiber foods can keep you feeling full longer, aiding both blood sugar control and weight management.

- **Include:**
 - Whole grains (brown rice, quinoa, oats)
 - Legumes (beans, lentils, chickpeas)
 - Vegetables (broccoli, spinach, carrots)
 - Fruits (apples, berries, pears)
- **Avoid:**
 - Refined grains (white rice, white bread)
 - Sugary snacks (soda, candy, pastries)

2. Prioritize Lean Proteins

Protein helps manage hunger and keeps blood sugar steady. Opt for lean, easily digestible proteins to avoid feelings of heaviness or nausea.

- **Include:**
 - Eggs
 - Chicken breast

- Fish (salmon, tuna)
- Tofu, lentils, beans
- Cottage cheese (if tolerated)
- **Avoid:**
 - Fatty cuts of red meat
 - Processed meats (sausages, bacon)

3. Choose Healthy Fats

Healthy fats provide energy and support brain function, without causing significant gastrointestinal distress. Stick to moderate portions.

- **Include:**
 - Avocados
 - Nuts (almonds, walnuts)
 - Seeds (chia, flaxseeds, sunflower seeds)
 - Olive oil, coconut oil
- **Avoid:**
 - Fried foods
 - High-fat processed snacks

4. Eat Smaller, More Frequent Meals

GLP-1 medications can reduce appetite and slow down digestion, making large meals uncomfortable. Opt for smaller, nutrient-dense meals throughout the day to avoid bloating and nausea.

- **Tip:** Instead of three large meals, have 4–5 smaller meals and snacks.

5. Stay Hydrated

These medications may make you feel full faster, but hydration is essential for digestion and overall health.

- **Include:**
 - Water, herbal teas
 - Low-sugar electrolyte drinks (if needed)
 - **Avoid:**
 - Sugary beverages, sodas, excessive caffeine
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Sample Meal Plan:

Breakfast

- **Oats** with almond butter, chia seeds, and berries (High-fiber, slow-digesting carbs)

Mid-Morning Snack

- **Carrot sticks** with hummus (Light, high-fiber, and protein-rich)

Lunch

- **Grilled chicken breast** with quinoa and a side of steamed vegetables (Lean protein, whole grains, and fiber)

Afternoon Snack

- **Cottage cheese** with cucumber slices or a handful of almonds (Protein and healthy fats)

Dinner

- **Lentil soup** with whole-grain toast and a mixed green salad (Fiber-rich and easy to digest)

Evening Snack

- A small **apple** or **pear** (Low-sugar, high-fiber fruit)
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Foods to Avoid:

1. **High-Sugar Foods**
 - Can lead to blood sugar spikes and reduce the medication's effectiveness.
 2. **Large, Fatty Meals**
 - Fat-heavy foods may worsen feelings of fullness, bloating, or nausea.
 3. **Highly Processed Foods**
 - Chips, cookies, and pre-packaged meals may increase gastrointestinal discomfort.
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Lifestyle Tips While on GLP-1:

1. **Eat Slowly:**
Slowing down helps your body digest food better and reduces nausea.
2. **Monitor Portions:**
You may feel fuller faster, so listen to your body's cues and avoid overeating.
3. **Stay Active:**
Incorporate light exercise, such as walking or yoga, to support digestion and weight management.
4. **Listen to Your Body:**
Pay attention to how different foods make you feel. Adjust portion sizes and food choices if you experience discomfort.