



Nutrition Tips for Success with GLP-1 MEDICATIONS

What Is a GLP-1 Medication?

GLP-1 medications help your body control blood sugar and help you feel full longer by slowing digestion. They may be a part of your treatment plan for weight management or managing Type 2 Diabetes.

General Diet and Lifestyle Tips:

Choose nutrient rich foods

When your appetite is low, make every bite count. Focus on foods with protein, fiber, healthy fats, and vitamins and minerals. Aim to include both protein and fiber at each meal and with snacks to help support fullness, preserve muscle, and meet your nutrition needs.

Stay Active

Regular activity can help maintain muscle and bone strength, prevent constipation, and improve overall health. Plan to engage in muscle strengthening activities at least two times per week.

Foods to limit

Certain foods may worsen side effects or make blood sugar harder to manage. Spicy foods, fried foods, and foods high in added sugar should be limited.

SIDE EFFECT	NUTRITION TIPS
Nausea/ Vomiting	• Eat small meals more often • Choose lower-fat foods • Eat slowly • Stop eating when you feel full • Keep track of foods that trigger symptoms
Constipation	• Eat more fiber-rich foods • Drink plenty of water • Stay physically active
Diarrhea	• Drink plenty of water • Limit alcohol, soda, and coffee • Avoid foods with sugar alcohols • Eat fiber-rich foods • Keep a food diary to identify trigger foods

KEY NUTRIENTS TO INCLUDE

Fluids | Recommended 9-13 cups a day

Drink water throughout the day to stay hydrated, support muscle health, and help prevent constipation. Try drinking between meals if you get full easily.

Protein | Recommended 20-30 grams of protein per meal

Needs are highly individual, based on factors like age, gender, and activity levels. Getting enough protein helps protect muscle while losing weight. Good sources include:

- **Poultry:** Boneless and skinless chicken breast and thigh, ground turkey
- **Seafood:** Salmon, trout, and mackerel
- **Beef:** Eye of round, top round, bottom round, top sirloin, chuck
- **Pork:** Tenderloin, loin chop, top loin and sirloin roast
- **Canned Meat:** Chicken, tuna, salmon
- **Dairy:** Greek yogurt, cottage cheese, eggs, ultrafiltered milk
- **Plant-based sources of protein:** Beans and legumes, lentils, tofu, edamame, nuts and seeds

Fiber | Recommended 25-35 grams of fiber per day

Fiber supports digestion, blood sugar control, and fullness.

- **High fiber vegetables:** Brussels sprouts, sweet potato, jicama, squash, avocado, cauliflower, carrots, dark leafy greens (spinach, kale)
- **High fiber fruit:** Berries, pear, kiwi, grapefruit, apple, orange, peach, banana, apricot
- **Beans, lentils, nuts and seeds**
- **Whole grains:** whole wheat bread, whole grain pasta, brown rice, and quinoa
- **Canned and frozen fruits and vegetables**

Protein and Fiber Combinations at Harmons

- **Salmon bowl with brown rice and asparagus**
- **Iron man salad**
- **Cranberry and quinoa salad**
- **Corn and black bean salad**
- **Chicken, beef, and shrimp fajita mixes**

If you have questions or would like individualized recommendations please email us at dietitian@harmonsgrocery.com

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