

GLP-1 and Healthy Eating

- Medicines like *Zepbound*, *Ozempic*, *Wegovy*, and *Saxenda* can help you **feel less hungry** and help with weight.
- Eating healthy can help the medicine **work better**.
- It can also help you avoid feeling sick or having an upset stomach.

Diet and lifestyle tips to support GLP-1 medication:

Meal Spacing 	• Try to eat small meals more often. Try to eat every 3 to 4 hours. • This can help you feel better and help keep your blood sugar from dropping too low.
Nausea 	• Small, frequent meals and adequate fluids help with nausea. • You can also try ginger or peppermint tea. • Getting enough fluids if you are throwing up is important to avoid any kidney injury. • Avoid lying down after meals for 2-3 hours. • Avoid fried foods.
Constipation and Diarrhea 	• Try to eat foods with fiber, like fruits, vegetables, and whole grains, to help with diarrhea. If you limit potassium, be careful about which fruits and veggies you choose. • Try to be active each day. • Drink plenty of fluids, especially water. If you have a fluid limit, check with your doctor.
Protein 	• Try to eat enough protein each day. • Protein helps keep your muscles strong while you lose weight. Choose foods like lean meats, fish, or beans. • Try to eat some protein at each meal. • Work with your dietitian to learn what is right for you.
Muscle Loss 	• Try to do muscle exercises 2–3 times a week. This can include squats, lunges, or push-ups. • You can use weights or resistance bands, even while sitting. • Try to rest for 2 days between workouts so your muscles can recover.
Vitamin Loss 	• Losing weight too fast can lead to low vitamins. • Try to eat a variety of foods each day. • Choose foods like fruits, vegetables, healthy fats, and lean proteins. • Limit foods like alcohol, sweets, sugary drinks, and processed foods.
Try to Limit 	Try to limit these foods if they bother your stomach: • Spicy foods – can cause heartburn • Salty foods – can cause bloating • Gas-causing foods like broccoli, cauliflower, onions, cabbage, and fizzy drinks • Fried or greasy foods – can cause discomfort

GLP-1 and Weight Loss

- When taking GLP-1 medicines for weight loss, it helps to learn about simple food groups.
- These foods can help your body stay strong and healthy.

Food Group	Examples	Why It's Good for You
Fruits & Vegetables	Apples, oranges, berries, spinach, kale	Help give your body vitamins, minerals, and fiber so you can stay healthy.
Whole Grains	Brown rice, oatmeal, whole-wheat bread, quinoa	Help you feel full and give you energy all day .
Lean Proteins	Chicken, fish, turkey, tofu, tempeh	Help keep your muscles strong and help you feel less hungry .
Healthy Fats	Avocados, nuts, seeds, yogurt, olive oil, dark chocolate	Help keep your heart and brain healthy and support weight loss .

Tips for Eating Well

- It is important to build **healthy habits** while taking these medicines.
- This can help you stay healthy and reach your **weight goals**.

Tip	What It Means	Why It Helps
Mindful Eating	Pay attention to what you're eating and why you're eating it.	Helps you make better food choices and avoid eating when not hungry.
Ask Yourself First	Before grabbing more food, ask: "Am I really hungry or just bored, sad, or stressed?"	Stops you from eating just because of feelings or habits.
Eat Slower	Take your time while eating — chew slowly and enjoy each bite.	Helps you notice when you're full and makes meals more enjoyable.



For general nutrition coaching, education, and referral support only; not for nutrition diagnosis or individualized therapeutic nutrition planning.