



PROTEIN-RICH

NUTRIENT-PACKED

HIGH-FIBER

Shopping for a GLP - 1 Lifestyle

Although GLP-1 medications are largely used to treat chronic diseases like type 2 diabetes, they've become popular as weight management drugs. GLP-1 medications can help manage appetite and promote a feeling of fullness, which may reduce food intake. Over time this may lead to weight loss, however, a nutritious diet will help complement your weight management journey.

As you begin GLP-1 medication like Ozempic®, Wegovy®, Mounjaro®, etc., you may notice some side effects. Most patients experience mild symptoms like nausea, digestive changes, or occasional discomfort. It's possible to also notice changes in muscle mass as your body adjusts to weight loss.

Before starting a new diet or medication, check with your healthcare professional.




Sources

[GLP-1 diabetes and weight loss drug side effects - Harvard Medical School](#)
[Fiber - The Carb That Helps You Manage Diabetes - CDC Diabetes](#)

Here's some helpful tips for long-term success:


Avoid Skipping Meals

Even when you don't feel hungry, maintaining consistent nutrition is crucial for your overall health and medication success. Try eating smaller, more frequent meals made up of lighter, nutrient-rich foods that are easier to digest.

 Tip: Instead of 3 large meals, try 5-6 mini-meals!


Prioritize Protein

Getting enough protein while taking GLP-1 medication will help maintain muscle mass and aid in a healthy metabolism. Look for foods with high protein content like meats, fish, cheeses, nuts, eggs, and beans to help avoid losing muscle mass while managing your weight.

 Tip: A good rule of thumb is to aim for 20-30g of protein per meal.


Focus on Fiber

Fiber is your digestive system's best friend. While your body doesn't absorb it, fiber can reduce the rise in blood sugar after eating carbs and push food along in your digestive system, which lowers the risk of constipation. Try fiber-rich foods like fruits and vegetables, beans and bean products, and whole grains like quinoa, barley, buckwheat, oats, and brown rice.

 Tip: Increase your fiber intake slowly and drink plenty of water.


Choose Nutrient-Packed Foods

When planning a meal or snack, nutrient-dense options work best for your body. Think whole foods like fruits and vegetables, poultry, seafood, dairy, eggs, whole grains, nuts, seeds, and beans! With a reduced appetite, it's important to maximize your nutrition so your body gets what it needs.

 Tip: A little sweet treat is perfectly fine in moderation.

Stay Active & Hydrated

Drinking enough water and staying physically active can help keep your intestines moving to help avoid delayed gastric emptying. Exercise, hydration, and a fiber-rich diet can play a key role in your digestive health.

 Tip: If you're experiencing nausea or bloating, it may be helpful to avoid caffeinated and carbonated drinks.

Shopping List



Dairy

Tip: Try adding fresh or frozen fruit to your yogurt or kefir to add flavor without added sugar.

- Low Fat or Greek Yogurt
- Low Fat Cottage Cheese
- Low Fat Milk
- Ultra-Filtered Milk
- Low Sodium Cheese
- Mozzarella String Cheese
- Kefir

Whole Grains

Tip: Look for at least 3 grams of fiber per serving.

- Plain Oatmeal
- Oat or Wheat Bran Cereal
- Brown Rice
- Whole Grain Pasta
- Whole Grain Crackers
- Whole Wheat Tortillas
- Whole Grain Bread

Protein

Tip: Try eating the protein on your plate first to ensure you fulfill your servings before getting full.

- Lean Meats (Turkey, Chicken, Fish, Lean Ground Beef)
- Seafood (Crab, Salmon, Shrimp)
- Canned Meat or Fish (Packed in Water)
- Lite Tuna or Chicken Salad
- Eggs
- Canned or Dried Beans
- Beef or Turkey Jerky
- Nuts
- Lentils
- Tofu

Supplements

Protein supplements such as nutrition shakes can be used to meet your protein goals. Try looking for shakes that are not high in added sugar or artificial sweeteners if you are sensitive to these ingredients.

Multivitamin and fiber supplements may be considered depending on your personal health needs; however, please speak with your healthcare provider prior to adding new supplements to your regimen.

Fruits

Tip: Opt for fresh fruits when you can. If purchasing canned or frozen fruits, avoid added sugars where possible.

- Whole Fresh Fruits
- Frozen Fruits with No Added Sugar
- Canned Fruits in Light Syrup
- Dried Fruits (Raisins, Apricots, Figs, Prunes)

Vegetables

Tip: Try varying your veggies and eating all different colors to get a variety of nutrients.

- Whole Fresh Vegetables
- Frozen Vegetables with No Added Sauces
- Low Sodium or No Salt Added Canned Vegetables

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SUPPORT YOUR GLP-1 JOURNEY.

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