

## Beyond the Shot: Nutrition on GLP-1s

Seems like GLP-1 medications, for diabetes and weight loss have rapidly become popular. GLP-1 is short for glucagon-like peptide 1 receptor agonists. While GLP-1s can be a game changer for weight loss, they're only part of the story. What you eat and how you move your body still matter – a lot. These medications can help with quieting food noise and reducing hunger, but without good nutrition and regular exercise, it's easy to lose muscle mass and bone density making it hard to keep weight off long-term.

When we lose weight, we don't just lose fat – we can lose muscle too. Muscle is important for metabolism, energy, and keeping you strong. Include a good



source of protein with every meal and snack, like eggs, fish, chicken, beans, Greek yogurt, or tofu.

Whether you are prescribed a GLP-1 or not, the nutrition tips included apply to all who are trying to prioritize protein for strength and longevity. Eat your protein foods first so if you get full, you've still prioritized muscle-protecting nutrition.

Try to make half your plate vegetables for extra fiber, vitamins, and sustained fullness. *Continued on page 2.*

### NUTRITION TIPS

- Include protein with every meal and snack
- Set a timer to remember to eat
- Eat 5-6 small meals instead of 3 larger meals
- Carry a water bottle to help with hydration
- Move! Find ways to increase your steps or join a community fitness class!

# Berry Smoothie

## Ingredients:

1 cup frozen berries

$\frac{3}{4}$  cup plain Greek yogurt or cottage cheese or 1 scoop protein powder

$\frac{1}{4}$  cup spinach

$\frac{1}{2}$  cup milk or milk alternative

Ice

## Instructions:

Add all ingredients to a blender and mix well. If the consistency is too thick, add a little more milk or water to thin.



## Nutrition on GLP-1s continued

Protein shakes and smoothies can also help, especially if you are feeling nauseous or have a low appetite. Blending fruits and vegetables with cottage cheese, Greek yogurt, tofu, or protein powder is an easy way to get both protein and vitamins when solid foods aren't appealing. Eating 5-6 smaller meals or snacks may make it easier to meet your nutrition goals without feeling overly full.


Physical activity is just as important to help with maintaining muscle strength and bone density. Aim for a minimum of 30 minutes per day on 5 days per week of aerobic activity – like walking, swimming, or cycling – plus 3 sessions of strength training. Strength training doesn't mean heavy lifting at the gym; bodyweight exercises, resistance bands, or light weights at home all count.

Don't forget that lifestyle habits beyond food and exercise also play a big role in sustained weight loss. Improving sleep, managing stress, and building positive social connections can all support healthy weight loss and overall well-being. Small changes like setting a bedtime routine, practicing deep breathing, or walking with a friend can make the journey feel easier and more sustainable.

Balancing medication with nutrition, physical activity, and self-care helps you lose weight in a way that supports long-term health, strength, and energy – not just a number on the scale.

### References:

: Mozaffarian, Dariush, et al. "Nutritional priorities to support GLP-1 therapy for obesity: a joint Advisory from the American College of Lifestyle Medicine, the American Society for Nutrition, the Obesity Medicine Association, and The Obesity Society." *The American Journal of Clinical Nutrition* (2025): 344-367.



What is food noise? It refers to the excessive and intrusive thoughts about food that can interfere with daily life.