GLP-1 NUTRITION: EATING WELL TO SUPPORT YOUR HEALTH

Choosing nutrient-dense foods helps support your health, maintain strength and get the most from your GLP-1 medication.

THE SCIENCE: HOW GLP-1 MEDICATIONS WORK

GLP-1 medications slow digestion, reduce appetite and help you feel fuller. You may feel satisfied with smaller portions and think about food less often, which can lead to eating less overall. GLP-1s can help with weight management and conditions like obesity and type 2 diabetes.

WHY IS GOOD NUTRITION IMPORTANT?

When you feel less hungry, it can be harder to meet daily nutrition needs, such as protein, fiber and vitamins and minerals, which can work against your health goals. For example, not getting enough protein can lead to muscle loss, which may impact strength, mobility and metabolism. Slower digestion can also cause unwanted side effects like nausea, digestive discomfort and constipation. Choosing balanced meals and snacks, nutrient-dense foods and smaller portion sizes can help ease these side effects and ensure you're getting the most nutrition from what you eat.

NUTRITION TIPS WHILE ON A GLP-1 MEDICATION

Use these simple tips to help guide your food choices.

EAT PROTEIN AT EVERY MEAL AND SNACK: Protein helps maintain muscle, especially during weight loss. Your daily protein needs do not change — even if you are eating less on a GLP-1 medication — so it's important to prioritize protein at meals and snacks.

INCLUDE FIBER THROUGHOUT THE DAY: Fiber supports digestion and heart health. Because GLP-1 medications slow digestion, getting enough fiber can help keep things moving and aid in good gut health.

DRINK FLUIDS REGULARLY: It's important to be mindful of how much you drink during the day because GLP-1 medications may reduce your sense of thirst. Prioritize water and low- or no-added sugar beverages, like protein shakes with vitamins and minerals. Fluids also support digestion and help fiber work effectively.

CHOOSE FOODS WITH CALCIUM AND VITAMIN D: These nutrients help keep bones and muscles strong. Most people don't get enough of either nutrient in their diet and eating less while on GLP-1 medications can make it even harder to meet your needs.

EAT SMALLER MEALS, MORE OFTEN: If large meals feel overwhelming, try eating 4–5 smaller meals/snacks during the day. If you're not eating enough or often forget to eat, talk to your healthcare provider.

SHOPPING CART ESSENTIALS

Use this list to shop for foods that help meet your nutrition needs. Contains Calcium ☼ Contains Vitamin D

PROTEIN Aim for 20-30 grams per meal or snack	FIBER Aim for 5+ grams per meal or snack	HYDRATION Aim for 8-12 cups per day
Greek yogurt, cottage cheese Eggs ☼ Chicken, turkey, lean beef Fish like salmon, tuna, sardines ☼ Beans, lentils, tofu, edamame Low-sugar protein shakes ☼	Fruits like berries, pears, apples, bananas Vegetables like kale, broccoli, peas, carrots, brussels sprouts Nuts and seeds like almonds, chia, flax Whole grains like oats, quinoa, and whole wheat bread, pasta or crackers	Low-sugar electrolyte drinks Fruit-infused water Sparkling water Low-fat milk ☼ Fortified plant-based milk ☼

PUTTING IT ALL TOGETHER

Make the most of what you eat by including Protein + Fiber + Color (fruits or vegetables) at each meal or snack.

BREAKFAST

Greek yogurt with fresh or frozen berries and a tablespoon of flax or chia seeds

Baked egg bites with cottage cheese, ham and spinach

LUNCH

Tuna salad made with plain Greek yogurt, served with whole grain crackers

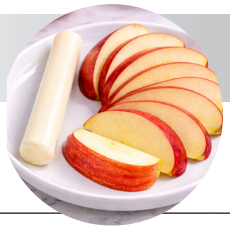
Turkey, cheese and avocado pinwheels on a whole wheat tortilla

DINNER

Chicken breast tossed in buffalo sauce over a green salad with Greek yogurt ranch

Turkey or 90/10 lean beef meatballs with marinara served over steamed spinach

SNACK



String cheese and apple slices

Carrot sticks with hummus

OIKOS®

Meeting your nutrition needs can feel challenging with a smaller appetite. Learn more about how you can make the most of every bite with Oikos.

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