

Consuming adequate amount of micronutrients & macronutrients is crucial while on GLP-1 therapy. **GLP-1 treatment will lead to naturally eating less through suppressing appetite, causing you to be in a calorie deficit.** A calorie deficit is burning more calories than one is consuming in day. This is what eventually leads to weight loss.

However, undereating chronically can increase the risk of micronutrient deficiencies & muscle atrophy.

Because GLP-1 therapy suppresses appetite, it can be easy to not consume enough vitamin-rich foods with adequate protein. Our body requires essential micronutrients to thrive such as iron, zinc, calcium, iodine, vitamin A, B vitamins, & vitamin C. Without these nutrients, there is an increased risk of anemia, osteoporosis, hair loss, vision impairment, & metabolic disorders. Furthermore, muscle atrophy, or loss of muscle tissue, can occur if there is lack of adequate protein in the diet along with no utilization of a strength training program.



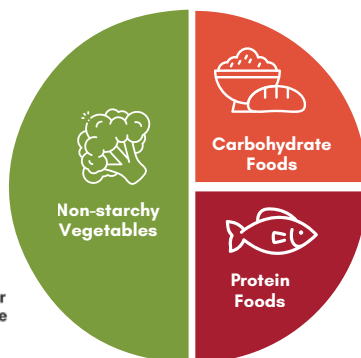
Eat a whole food, balanced, & high protein diet



- Consume fresh fruits and vegetables in the produce aisle
- Consume a variety of lean, unprocessed meats such as chicken, lean beef, and pork loin
- Consume a variety of high omega-3 fatty, unprocessed fish such as wild caught salmon, white fish, cod, mahi-mahi, tuna, and trout (2 times per week) (4oz portions per week)
- Consume unprocessed, low glycemic starchy carbohydrates such as potatoes in the produce aisle, oats, brown rice, and whole wheat bread
- Daily protein intake should be an amount in grams equal to your ideal body weight (example 150lb=150g protein)

Plate ratios

- Vegetables should be ½ of plate
- Protein should be ¼ of plate
- Starchy carbohydrates should be ¼ of plate



Supporting the gut microbiome

The gut microbiome plays a major role in regulating GLP-1 secretion. What we eat can impact the composition of the good bacteria in our gut. When we support the good bacteria in our gut, we produce more GLP-1 naturally, which leads to weight loss. In addition to avoiding processed foods, there are additional supplements that can be taken to promote this natural GLP-1 production.

Berberine GT

A dual-action formula that supports heart health, weight management, and healthy glucose metabolism. Take one capsule two to three times daily or as directed by your healthcare practitioner.



Acacia Powder

A soluble, pre-biotic fiber that supports the vitality of the microorganisms that help maintain a healthy GI environment. 1-2 Tablespoons in water daily can be taken during treatment and indefinitely for GI care. (patients may need to start with 1/2-1 Tablespoons)

Exercise

- This is strongly recommended to be paired with a strength training program. High protein diet + weight lifting=muscle growth. Increased muscle results in a higher metabolism, which means you burn more calories in a day. Having more muscle will help you achieve and maintain an ideal body composition

Consume the right amount of macronutrients

- Carbohydrates should make up 40-50% of your diet
- Protein should make up 30-35% of your diet
- Fat should make up 25-30% of your diet

What to Avoid



- Avoid refined sugar foods (especially those high fructose corn syrup)
- Avoid fruit juices or fruit sodas
- Avoid any foods high in saturated fat and any foods with trans fat
- Limit artificial sweeteners
- Avoid processed snacks (chips, crackers, cookies, candy, packaged baked goods)
- Avoid processed meats (hot dogs, lunch meat, bacon)
- Avoid fried foods (fries, chicken tenders, onion rings)
- Avoid high mercury, processed fish (farm-raised fish, catfish, shark, swordfish, king mackerel, tilefish)
- Avoid frozen, pre-cooked meals in the freezer aisle
- Avoid alcohol completely or limit to 1 drink per day. Alcohol increases cravings, adds extra empty calories, disrupts sleep, and hormonal balance

Healthier and lower calorie alternatives for sweet cravings

- Halo top ice cream
- Yasso bar ice cream
- Oikos greek yogurt bowl with fruit, peanut butter, and honey
- Quaker 35 calorie rice cakes with peanut butter and banana

