

Nutrition Tips for GLP-1 Medications

What is a GLP-1 medication?

Glucagon-like peptide-1 receptor agonists (GLP-1) are medications taken orally or by injection, such as Ozempic, Wegovy, and Mounjaro, that mimic hormones in your body which control weight, appetite, blood sugar, and digestion. Good nutrition habits can help maximize weight loss, preserve muscle mass, and minimize side effects.

Eating tips when taking a GLP-1 medication:



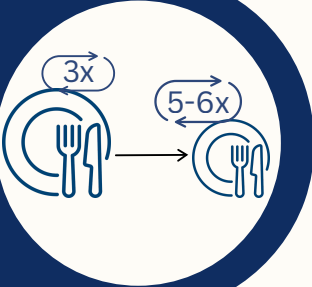
Eat slowly
(your brain needs 20 mins to signal fullness).



Stay well hydrated and make water your beverage of choice (aim for at least 6-8 cups per day).



Avoid drinking with a straw (can make GI symptoms worse).



Eat smaller & more frequent meals (5-6 mini meals every ~3 hours).



Create a food and symptom log to keep track of when you feel unwell and identify any food triggers (ex. fatigue, dizziness, nausea, headaches, etc.).



Avoid spicy foods or foods high in fat (ex. fried food) or sugar (can make nausea, reflux and abdominal pain worse).



Listen to your body and stop eating when you feel full.



Try to balance meals by following the Canada Food Guide, Plate Method.

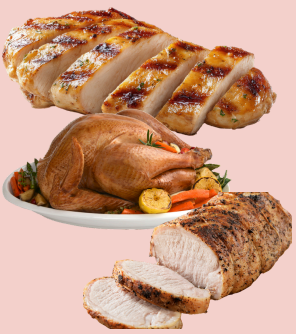
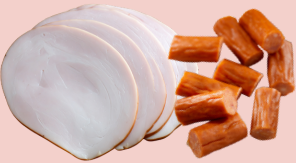


Include a source of protein at every meal & snack. If appetite is low, eat protein first.

How to Boost your Protein while on a GLP-1:

Include more of these foods in your meals and snacks:



Animal Sources	Plant Sources	Dairy Sources	Other Sources
 Lean meats (ex. chicken or turkey (skinless is even better) or lean cuts of pork, lamb, veal, etc.)	 Tofu	 Milk or soy milk	 Protein powders (speak with your dietitian to find the right product for you)
 Extra-lean/lean ground meats	 Edamame	 Yogurt (try Greek yogurt for double the protein)	 Protein shakes (speak with your dietitian to find the right product for you)
 Eggs	 Legumes (beans, lentils, chickpeas, etc.)	 Cottage cheese	 Protein bars (speak with your dietitian to find the right product for you)
 Lean deli meats (ex. turkey, ham, chicken, turkey pepperettes)	 Nut butters (ex. peanut butter) and spreads (ex. hummus)	 Low-fat "light" cheese	
 Less often (1-2x/week): beef products	 Nuts and seeds	 Light cream cheese	
	 Tempeh		

Connect with your dietitian for more support with meeting your individualized protein needs

How to manage common medication-related side effects:

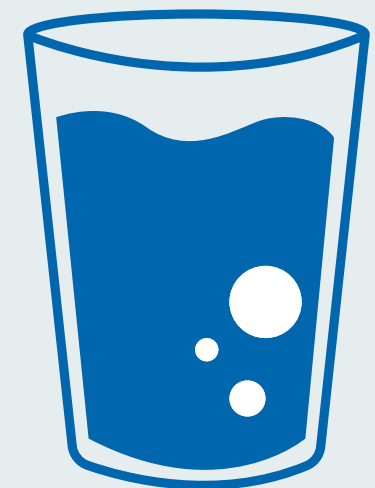
Managing Nausea/Vomiting

1. Eat smaller, more frequent meals approximately every 3 hours
 - a. Use a side/salad plate vs a dinner plate
 - b. Try not to skip meals (can make nausea worse)
 - c. Listen to your body's hunger and fullness cues and stop eating when you feel satisfied
2. Avoid fatty, spicy or high-fibre foods in the first few days after taking the medication
3. Eat plain crackers or drink ginger or peppermint tea to soothe nausea
4. Stay well hydrated to prevent vomiting and consider drinking between meals rather than at meals (ex. 30-60 minutes after eating)



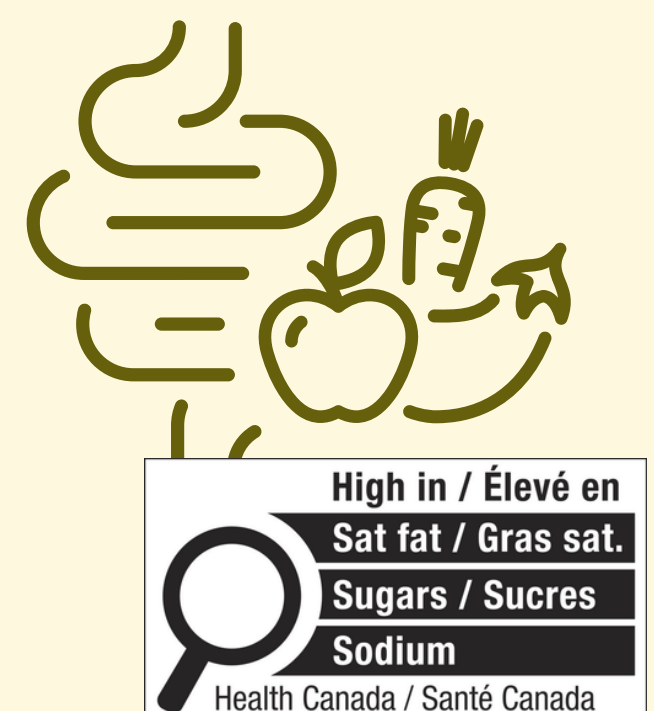
Managing Constipation

1. Drink plenty of fluids throughout the day and make water your beverage of choice
2. Follow Canada's Food Guide balanced Plate Method
3. Gradually increase your fibre intake
 - a. Ex. dark leafy greens, fruits with skins, oats, legumes, psyllium
4. You may consider adding a fibre supplement like Metamucil (speak with your medical team if interested)



Managing Diarrhea

1. Avoid large meals
2. Stay well hydrated
3. Avoid coffee, sport drinks, carbonated beverages, dairy foods, foods high in fat and sugar and foods with sugar alcohols (ingredients that end with '-ol')
4. Speak with your medical team about other medications for relief



Managing Changes in Appetite and Behaviour

1. Reduced hunger and cravings are normal
2. You may see changes in food taste and texture preferences
 - a. Choose the foods your body wants and can tolerate
3. Binge eating and food thoughts often lessen
4. If you find yourself not feeling hungry throughout the day and often skipping meals, set reminders to eat

