

EATING WELL ON A GLP-1

Simple nutrition strategies to support weight loss, preserve muscle, and feel better while on treatment.

The goal is not to eat perfectly. Prioritize protein, stay hydrated, slow down, and build habits you can maintain long term.

1. START WITH PROTEIN

When you are eating less, protein becomes even more important. It helps support lean muscle and makes it easier to build a balanced meal even when you are not very hungry.

Easy calculation: Goal weight (lb) $\times$ 0.7-1.0 = approximate grams of protein per day.

GOAL WEIGHT	DAILY PROTEIN GOAL
120 lb	85-120 g
135 lb	95-135 g
150 lb	105-150 g
175 lb	120-175 g
200 lb	140-200 g
225 lb	160-225 g
250 lb	175-250 g

Don't see your goal weight? Use the formula above. You do not have to hit the top of the range every day. Needs vary. If you have kidney disease or have been told to limit protein, follow your individualized plan.

PROTEIN FIRST

Easy proteins	Grab-and-go
Chicken, turkey, lean beef, pork tenderloin Eggs / egg whites Salmon, tuna, shrimp Cottage cheese / Greek yogurt Tofu / edamame	Chomps / meat sticks Protein shake Greek yogurt / cottage cheese Hard-boiled eggs Tuna / chicken packet String cheese

2. SLOW DOWN + EAT SMALLER MEALS

- Slow your eating down. Eating too much too quickly can leave you bloated or "Thanksgiving dinner" full.
- Try smaller meals throughout the day instead of loading everything into one large meal.
- Stop when comfortably full. You do not need to clean your plate.
- If nighttime reflux is a problem, try finishing your last meal about 3-4 hours before bed.

WEEKEND TIP: If weekends tend to be when you snack more, eat larger portions, go out more, or have less structure, you may prefer taking your weekly injection on Thursday or Friday so the appetite-control effects better line up with your routine. Choose a consistent day that works for your lifestyle.

MAKE IT EASY

Keep a few simple options around so eating well is easier when your appetite is low or your day is busy.

3. BUILD A SIMPLE MEAL OR SNACK

PROTEIN FIRST	ADD PRODUCE / FIBER	ADD A HEALTHY FAT
Greek yogurt Protein shake Eggs Chicken / turkey Tuna / salmon Cottage cheese Meat stick	Berries / fruit Unsweetened applesauce pouch Vegetables Oats Beans / lentils Potato / sweet potato Whole grains	Avocado Olive oil Nuts Seeds Natural nut butter Eggs Salmon

Low appetite? Start small: protein shake, Greek yogurt, cottage cheese + fruit, eggs + toast, turkey and cheese roll-ups, or half a lean-protein sandwich.

4. GRAB-AND-GO IDEAS

Protein	Quick add-ons
Chomps / meat sticks Protein shake Greek yogurt Cottage cheese Hard-boiled eggs String cheese Tuna / chicken packet Protein bar	Unsweetened applesauce pouch Banana / berries Fresh fruit Individual nut pack Veggies + hummus Whole-grain crackers Roasted edamame

5. HYDRATION + CONSTIPATION

- Water: Sip consistently throughout the day.
- Fiber: Increase gradually with fruits, vegetables, oats, beans/lentils, chia/flax, and whole grains.
- Movement: A short daily walk can help keep things moving.
- If needed: Smooth Move tea can be used occasionally. Some patients also use an OTC stool softener such as Colace (docusate); follow product directions.

Important: More fiber without enough fluid can make constipation worse. Increase fiber gradually and pair it with adequate water.

6. FOODS THAT MAY FEEL HARDER

Very large meals, fried or greasy foods, very high-fat meals, heavy cream sauces, excessive alcohol, or high-sugar foods and drinks may worsen nausea, reflux, bloating, or uncomfortable fullness. Pay attention to what your body tolerates and adjust portions as needed.

CONTACT T-TIME: Reach out for persistent vomiting, inability to keep fluids down, severe or persistent abdominal pain, or significant constipation that is not improving. For emergencies, seek urgent/emergency medical care.

T-Time takeaway: Protein first. Eat slowly. Keep portions comfortable. Drink your water. Move your body. Consistency matters more than perfection.

General education only; follow your prescribed medication instructions and individualized treatment plan.