

SUPPORT GUIDE FOR MEDICAL WEIGHT MANAGEMENT

GLP-1 MEDICATIONS



PROTEIN NEEDS

While taking GLP-1 medications, it's important to focus on nutrition while working toward your weight loss goal

In order to maintain muscle while losing weight, consuming the proper amount of Protein is essential

LEAN MUSCLE MASS:

← pounds of muscle

GRAMS OF PROTEIN DAILY:

← this range is
equal to your
pounds of
muscle \pm 7%

The total amount of protein required is equal to or within 7% of your total lean muscle mass

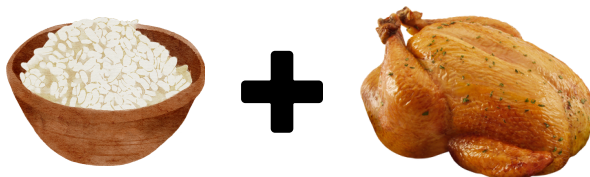


NUTRITION

Limiting carbohydrate intake while increasing protein can help curb appetite by avoiding blood sugar swings. Because of this, your hunger is more controlled and you see better results in your weight loss

Limit your daily Carbohydrates to 45g.per DAY

Suggested that you eat 15 carbs with each meal and limit your meals to 3 meals a day, no snacks. Always eat your carbohydrates WITH a protein (never alone)



PROTEIN

Adding vegetables to your nutrition plan helps provide needed micronutrients. Additionally vegetables will help you feel fuller and contribute toward regular bowel movements.

- CHICKEN
- FISH
- BEEF- STEAK/ GROUND BEEF
- TURKEY
- TUNA
- EGGS
- TOFU
- SHRIMP
- SHELLFISH
- LUNCH MEAT
- CHEESE
- COTTAGE CHEESE
- BONE BROTH
- PORK
- BACON (FAT TOO)
- GREEK YOGURT



Items are popular choices, you are not limited to thees options

FATS

Do not use fat free or low fat food. Adding fat to your food helps with the flavor AND helps you feel full

- AVACADO
- OLIVE OIL
- FATTY FISH
- COCONUT OIL
- NUTS
- FULL FAT DAIRY
- CHEESE

Do not need to count calories, its important to track Carbs and Protein



VEGETABLES

Adding vegetables to your nutrition plan helps provide needed micronutrients. Additionally vegetables will help you feel fuller and contribute toward regular bowel movements.

NO LIMIT

- SPINACH
- BROCCOLI
- CAULIFLOWER
- MUSHROOMS
- CELERY
- ONIONS CUCUMBER
- BRUSSEL SPROUTS
- ZUCCHINI
- RADISHES
- LETTUCE
- KALE
- BELL PEPPERS
- ASPARAGUS
- CABBAGE

IN MODERATION

- CORN
- POTATOS (ANY)
- BEETS
- CHICKPEAS
- CARROTS
- PEAS
- LENTILS
- PARSNIP

Items are popular choices, you are not limited to the



CARBOHYDRATES

**Limit servings to 3 a day-
always pair with a protein**

Dairy products Each is 13 g carbs

1 cup milk (fat-free, 1%, 2%, whole)
6-oz cup yogurt (plain or flavored
with artificial sweetener)

Vegetables and legumes Each is 15 g carbs

Starchy vegetables
½ cup cooked green peas
½ cup cooked corn or hominy
½ corn on the cob, large (5 oz)
½ cup cooked hominy
½ cup cooked sweet potatoes
½ cup cooked potatoes
1 small potato or sweet potato
½ cup hash browns or au gratin
potatoes
10 to 15 French fries
1 cup winter squash (pumpkin,
acorn, butternut)
1 cup marinara or pasta sauce
½ cup tomato juice
¼ cup tomato puree
Beans, Seeds, Nuts
½ cup cooked beans (kidney, pinto,
red, green, etc.)
½ cup cooked lentils
¼ cup baked beans
4 tablespoons nut butter



Fruits

Each is 15 g carbs

1 small fresh fruit (apple, orange,
pear, peach, tangerine, nectarine)
½ cup applesauce, unsweetened
4 fresh apricots
½ banana
2 Tbsp dried fruit
1 date
1 cup melon cubes (cantaloupe,
watermelon, honeydew)
¾ cup cherries
2 figs or plums
½ cup canned fruit, unsweetened
½ grapefruit
15 grapes
large kiwi
¾ cup pineapple
½ mango or papaya
3 medium prunes
1 cup berries
½ cup juice

Sweets and desserts Each is 15 g carbs

1 Tbsp frosting
2"-square cake, unfrosted (2 oz)
1 inch-square brownie, (1 oz)
2 small cookies (¾ oz)
½ cup sugar-free pudding
½ cup ice cream
½ cup frozen yogurt
1 Tbsp syrup, jam, jelly, sugar or
honey
1 cup sports drink
1 cup hot chocolate made with
water



CARBOHYDRATES

Starches Each is 15 g carbs

Breads

- 1 slice bread
- ½ English muffin
- 1 small croissant
- 1 small muffin (1 oz)
- 1 pancake or waffle (4")
- ¼ of a large bagel
- ½ hot dog bun or burger bun
- 1 tortilla (6")
- 1 small cornbread or biscuit (2" cube, 2 oz)
- 1 small plain roll (1 oz)
- ½ small pita (6")

Cereals, pasta and rice (cooked)

- ¼ cup cereal
- ¼ cup granola
- ½ cup cooked cereal
- ½ cup cooked pasta
- ½ cup cooked white or brown rice
- ¼ cup chow mein noodles
- ½ cup quinoa
- ½ cup couscous

Crackers, chips and popcorn

- 6 Saltine or Ritz crackers
- 3 Graham crackers
- 6 to 7 animal crackers
- ¼ oz pretzels (15 mini twists)
- 1 oz potato chips
- 9 to 13 tortilla chips
- 3 cups popcorn



This list is for reference.
it is best to stick with
nutrient dense
carbohydrate options.
For accountability
purposes this is a
reference that will help
you stay within your
nutritional prescription





COMMON SIDE EFFECTS AND SYMPTOMS

- Nausea- treated with increased sodium intake
 - Constipation- treated with increased water, electrolytes, fiber and magnesium
 - Fatigue- making sure you are eating (even when not hungry (protein) Diarrhea- increase fiber
 - GERD/ reflux/acid reflux- eat smaller more frequent meals- OTC antacids
 - Dry mouth/dehydration- treat with increased hydration with electrolytes (including sodium)
- 