

GLP-1 MEDICATIONS

MYTHS VS FACTS

MYTH #1

“GLP-1 Medications are just a quick fix.”



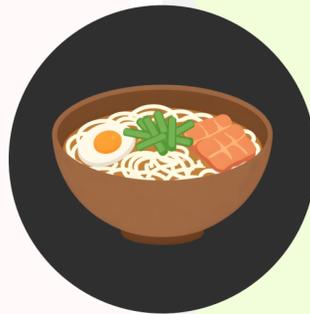
These medications change hunger hormones and digestion. They are **tools – not magic**.

Long-term success still depends on:

- Consistent nourishment
- Adequate protein to preserve muscle
- Building sustainable habits
- Supporting sleep & stress management

MYTH #2

“If I’m not hungry, I don’t need to eat.”



Reduced appetite does **NOT** mean reduced nutrient needs.

Skipping meals can lead to:

- Fatigue
- Muscle loss
- Hair thinning
- Nutrient deficiencies
- Slower metabolism

MYTH #3

“Nausea means the medication isn’t right for me.”



Mild nausea is common early on and often improves.

Nutrition strategies that may help:

- Smaller, slower meals
- Lower-fat choices initially
- Gentle hydration throughout the day
- Avoiding large, heavy portions

MYTH #4

“GLP-1s mean I don’t need to think about nutrition anymore.”



Nutrition matters more – not less.

Less food = higher importance of what’s in it.

The focus should be on:

- Nutrient density
- Protein quality
- Fiber tolerance
- Preventing deficiencies
- Supporting gut health

Nutrition Guidance can help patients on GLP-1 medications preserve muscle mass, prevent nutrient deficiencies, manage nausea and GI symptoms, and maintain long-term weight loss.