



Eating Well When You're on a GLP-1

If you're using a GLP-1 medication, you've probably noticed a few changes: your appetite might be quieter, your portions smaller, and your cravings... well, weirder than ever.

These drugs can be amazing tools for weight loss and blood-sugar control, but what you put on your plate still matters.

1. Think Quality Over Quantity

Not eating enough nutritious food can lead to problems like nutrient gaps, fatigue, and weak muscles. Aim for foods that are rich in protein, fiber, vitamins, and healthy fats.

Good stuff to include:

- Lean proteins like chicken, fish, eggs, tofu, or Greek yogurt—great for muscle and satiety
- Fiber-rich veggies and fruits like berries, leafy greens, and broccoli—they help digestion and keep you full longer
- Whole grains such as oats, quinoa, and brown rice

2. Small Plates, Frequent Fuel

Instead of three big meals that could sit heavy in your stomach, try spreading out smaller meals and healthy snacks throughout the day. This keeps nausea, bloating, and discomfort at bay, and helps keep energy levels even.

Think mini balanced bites like:

- A hard-boiled egg with berries
- Greek yogurt with a sprinkle of oats
- Hummus with sliced veggies

3. Foods to Avoid

Every body reacts differently, but some foods tend to play nicer with GLP-1s—and some don't:

Try to limit or avoid:

- Greasy, fried foods—they can worsen nausea
- Sugary treats and refined carbs like soda, sweets, and white bread—they offer little nutrition and might make side effects worse
- Alcohol and carbonated drinks—they can cause bloating and aren't nutrient-dense
- Certain high-fat or spicy foods that can trigger indigestion

4. Hydration Isn't Optional

Because appetite and thirst can both quiet down on GLP-1s, staying hydrated takes a little extra intention. Water helps with digestion, reduces nausea, and fights off a common side effect—constipation.

Aim for plenty of fluids (water first!) and consider sugar-free herbal tea or sparkling water if you want variety.

5. Don't Forget About Muscle

As you lose weight, you don't want to lose muscle. That's another reason protein is so crucial. Pairing protein with resistance or strength training (even light weights or bodyweight moves) can make a big difference.

6. Be Kind to Yourself

If your appetite swings wildly or you're struggling with food quality, have grace. It's a new landscape for a lot of people. Working with a dietitian or nutrition coach can make this easier and more personalized.