

# Nutrition on GLP-1 Therapy

## Eating Right When Your Appetite Changes — A Practical Nutrition Guide

### Nutrition While Taking GLP-1 Medications

GLP-1 medications reduce your appetite and portion sizes. Making every bite count is essential to prevent nutritional deficiencies and maximize your results.

#### The Protein Priority

Protein is the most critical nutrient during GLP-1 therapy. Rapid weight loss without adequate protein leads to muscle loss, which slows metabolism and weakens your body.

- **Target:** 60-80 grams of protein daily (minimum)
- **Eat protein first** at every meal before carbs or fats
- **Best sources:** lean poultry, fish, eggs, Greek yogurt, cottage cheese, legumes
- **Supplement if needed:** protein shakes or bars can help meet daily targets

#### Meal Structure

Since you will eat less overall, structure your meals strategically:

- **3 small meals + 1-2 protein snacks** — avoid the "one meal a day" trap
- **Eat slowly** — 20-30 minutes per meal, chew thoroughly
- **Stop at comfortable fullness** — do not force yourself to finish
- **Avoid drinking fluids with meals** — drink 30 min before or after to avoid early fullness

#### Essential Vitamins and Minerals

Reduced food intake increases the risk of nutritional deficiencies. A daily multivitamin is recommended, plus attention to:

Nutrient	Why It Matters	Good Sources
Vitamin B12	Energy, nerve function	Meat, fish, eggs, fortified foods
Iron	Prevents anemia, fatigue	Red meat, spinach, lentils
Calcium	Bone health during weight loss	Dairy, fortified plant milk, broccoli
Vitamin D	Calcium absorption, immunity	Sun, fatty fish, supplements
Fiber	Gut health, satiety	Vegetables, beans, oats

## Foods to Minimize

- **Fried and high-fat foods** — worsen nausea and slow already-delayed gastric emptying
- **Sugary drinks and desserts** — waste your limited caloric budget
- **Alcohol** — increases nausea, dehydration, and liver burden; empty calories
- **Carbonated beverages** — cause bloating and gas with slowed motility

## Hydration

Dehydration is common because you eat and drink less. Constipation, headaches, and fatigue are often dehydration symptoms, not medication side effects.

- Aim for 64 oz (8 cups) of water daily
- Add electrolytes if exercising or experiencing diarrhea
- Sugar-free popsicles and broth count toward fluid intake

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## Need Personalized Guidance?

MilenAi Digestive Health offers telehealth consultations with a registered nurse specializing in gastroenterology and digestive health. Get one-on-one support for your questions, medication management, and care coordination.

### Schedule a Telehealth Visit

milenai.health | [consult@milenai.health](mailto:consult@milenai.health)

Licensed RN — Nevada, California, New York

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