



Building Healthy Habits With GLP-1 Medications

What are GLP-1s?

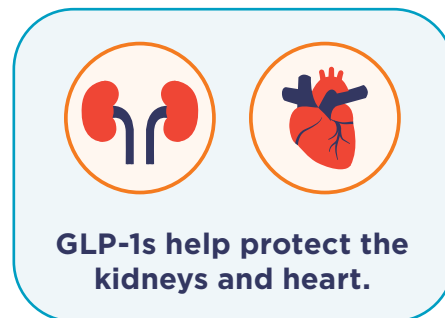
Glucagon-like peptide-1 (GLP-1) receptor agonists are medications that mimic the natural GLP-1 hormone. This hormone has many roles in the body, such as:

- Lowering blood sugar
- Reducing hunger
- Slowing down digestion

Why are GLP-1s prescribed?

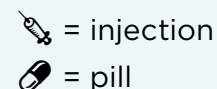
A doctor may prescribe a GLP-1 for:

- **Type 2 diabetes:** GLP-1s can help lower blood sugar in people with type 2 diabetes.
- **Weight loss:** GLP-1s can help people lose weight when combined with healthy eating and exercise. People who are obese or overweight and have health conditions such as high cholesterol or high blood pressure may take a GLP-1 for weight loss.
- **Other health conditions:** GLP-1s can help with heart disease, kidney disease, fatty liver disease, sleep apnea, and other conditions.



How do I know if I'm taking a GLP-1?

Many GLP-1s are taken in the form of shots, injected just under the skin. Some GLP-1s are taken by mouth as a pill. Some examples of GLP-1s are listed below. Tell your doctor if you get a GLP-1 through an online company. This will help them check for side effects and manage your overall health.



Generic Name	Brand Name
Dulaglutide	Trulicity® (weekly )
Exenatide	Byetta® (twice daily  Bydureon® (weekly )
Liraglutide	Victoza® (daily  Saxenda® (daily ) — approved for weight loss
Orforglipron	Foundayo™ (daily ) — approved for weight loss
Semaglutide	Ozempic® (weekly  Rybelsus® (daily  Wegovy® (weekly  or daily ) — approved for weight loss
Tirzepatide	Mounjaro® (weekly ) — a combination GLP-1 and glucose-dependent insulinotropic polypeptide (GIP) agonist Zepbound® (weekly ) — a combination GLP-1 and GIP agonist, approved for weight loss
Insulin glargine-lixisenatide	Soliqua® (daily ) — a combination long-acting insulin and GLP-1
Insulin degludec-liraglutide	Xultophy® (daily ) — a combination long-acting insulin and GLP-1

How can I get the best results from GLP-1s?

GLP-1s work best when combined with healthy eating and exercise. Follow the tips below to stay healthy and get the most out of GLP-1 therapy.



Stay active

- **Strength training:** Train your muscles at least twice each week. Use weights, resistance bands, or body weight exercises.
- **Aerobic activity:** Do at least 150 minutes of aerobic activity each week. Try walking, running, swimming, or cycling.

Exercise helps:

- Build muscle mass
- Support metabolism
- Prevent muscle loss related to GLP-1s
- Keep the heart and bones healthy
- Lower stress
- Improve sleep



Eat more protein

- Aim for 20 to 30 grams per meal.
- Good sources of protein include:
 - Lean meat and poultry
 - Eggs
 - Fish and seafood
 - Low-fat dairy
 - Tofu or tempeh
 - Beans and lentils
 - Protein shakes or powders (if not feeling hungry)

Protein helps:

- Build and maintain muscles
- Keep you full
- Support healthy blood sugar



Eat more fiber

- Women should aim for 25 grams per day.
- Men should aim for 30 grams per day.
- Good sources of fiber include:
 - Fruits and vegetables
 - Whole grains
 - Beans and lentils
 - Nuts and seeds
 - Fiber supplements (if needed to reach fiber goal)

Fiber helps:

- Support healthy blood sugar
- Prevent constipation
- Keep you full
- Lower risk of heart disease



Eat more fruits and vegetables

- Eat at least five servings each day.
- Good choices include:
 - Fresh or frozen fruit
 - Fresh or frozen vegetables
 - Canned fruit packed in fruit juice
 - Canned vegetables with no added salt

Fruits and vegetables help:

- Provide vitamins and minerals
- Support nutrition when hunger is low
- Provide fluids and fiber to ease constipation



Drink plenty of fluids

- Aim for two to three liters of water per day (unless your doctor tells you to drink less).
- In addition to water, you can also have tea or other non-caffeinated drinks with low or no sugar.

Fluids help:

- Support digestion and metabolism
- Prevent tiredness and dizziness caused by dehydration

What side effects do GLP-1s have?

Some people notice side effects when they start taking GLP-1s. These side effects often get better over time. If you don't start feeling better after a few weeks, talk to your doctor. Follow the tips below to avoid or minimize common side effects when taking GLP-1s.

Common Side Effects	What You Should Avoid	What Is Recommended
Nausea/vomiting	• High-fat foods • Foods with strong smells • Large meals • Eating too fast	• Start with small amounts of ice chips and clear drinks • Choose bland foods (like dry toast or crackers) • Eat cool or cold foods • Sip water or ginger drinks • Eat small meals throughout the day • Eat slowly
Constipation	• Low-fiber foods • Dehydration • Inactivity	• Slowly add fiber to your diet • Drink fluids throughout the day • Stay active • Ask your doctor if a fiber supplement or stool softener is needed
Diarrhea	• High fat foods • Sugary beverages • Sorbitol (and other sugar alcohols) • Spicy or highly seasoned foods (if they cause symptoms) • Alcohol • Caffeine	• Drink enough fluids • If diarrhea is severe, drink beverages with electrolytes • Eat well-cooked vegetables or soft/canned fruits • Ask your doctor if probiotics or anti-diarrheal medications are needed • Choose grains with less than 2 grams of fiber per serving, such as white rice
Gas/bloating	• Adding more fiber to your diet too quickly • Carbonated drinks • Sugar alcohols • Eating too fast • Large meals • Chewing gum • Drinking through straws	• Eat slowly and chew food well • Start with cooked vegetables before adding raw vegetables to your diet • Sip water or ginger drinks • Do gentle exercises to help relieve gas
Heartburn/reflux	• High-fat foods • Large meals • Tight clothes • Lying down within three hours of eating • Smoking, vaping, other tobacco • Trigger foods, which may include acidic or spicy foods, caffeine, alcohol, peppermint, and chocolate	• Eat slowly and chew food well • Sit up while eating and for three hours following meals • Drink beverages after or between meals • Eat small meals and snacks throughout the day
Severe loss of appetite	• Skipping meals • Filling up on fluids prior to meals	• Choose foods high in protein; try protein shakes if needed • Take small sips of water throughout the day • Do light physical activity • Set reminders for meals if needed • Talk to your doctor about your GLP-1 dose if symptoms do not improve

To learn more about GLP-1s, managing symptoms, and reaching your health goals, talk to your doctor or call Healthmap Solutions at **1-800-481-0474 (TTY: 711)**. Healthmap can also connect you with a registered dietitian (RD) to support you. RDs are food and nutrition experts and can help you create a healthy eating plan. Patients must meet program requirements to access Healthmap services.

Your GLP-1 Grocery List

The foods you choose while taking a GLP-1 can help you get the most from your treatment and support your overall health. Use this list as a guide when planning meals and grocery shopping to help you feel your best and support your health goals.



PROTEIN

Follow the serving sizes below and aim for 20 to 30 grams of protein per meal.

Food	Serving Size
☐ Chicken breast	4 oz
☐ Steak/beef	4 oz
☐ Lean pork	4 oz
☐ Tuna (canned in water)	4 oz
☐ Fish (salmon, cod, tilapia)	4 oz
☐ Shrimp	4 oz
☐ Lean deli meat	4 oz
☐ Low-fat cottage cheese	1 cup
☐ Cooked lentils	1 cup
☐ Cooked soybeans/edamame	1 cup
☐ Protein powder	1 scoop



FRUITS AND VEGETABLES

Aim for five servings each day (one serving is about one cup). Choose a variety of colors for the most benefits.

Fruits

- ☐ Berries (blueberries, strawberries, raspberries)
- ☐ Apple
- ☐ Melon
- ☐ Banana
- ☐ Mango
- ☐ Orange
- ☐ Peach
- ☐ Cherries

Vegetables

- ☐ Zucchini
- ☐ Broccoli
- ☐ Cauliflower
- ☐ Tomatoes
- ☐ Carrots
- ☐ Bell peppers
- ☐ Asparagus
- ☐ Green beans



CARBOHYDRATES

Follow the serving sizes below to help support stable blood sugar and lasting energy.

Food	Serving Size	Other Healthy Choices	
☐ Oatmeal	1/2 cup	☐ Whole wheat bread	☐ Corn
☐ Brown rice	1/3 cup	☐ English muffin	☐ Sweet potato
☐ Whole wheat pasta	1/3 cup	☐ Whole wheat wrap	☐ White potato
☐ Beans (black beans, kidney beans, pinto beans, chickpeas)	1/2 cup	☐ Quinoa	



FOODS TO HAVE ON HAND

Keep these staples in your kitchen for easy, GLP-1-friendly meals and snacks.

Protein and Dairy

- ☐ Greek yogurt (plain)
- ☐ Eggs
- ☐ Hummus
- ☐ Tofu or tempeh
- ☐ Milk or unsweetened plant milk

Healthy Fats and Seeds

- ☐ Olive oil
- ☐ Avocado
- ☐ Nuts
- ☐ Chia seeds
- ☐ Flax seeds

Frozen and Pantry Items

- ☐ Frozen berries
- ☐ Frozen vegetables
- ☐ Canned beans (low-sodium)
- ☐ Canned tuna (in water)
- ☐ Low-sodium broth

Whole Grains

- ☐ Whole grain oats
- ☐ Whole wheat pasta
- ☐ Brown rice
- ☐ Quinoa
- ☐ Whole wheat bread

Flavor Enhancers

- ☐ Herbs and spices
- ☐ Lemons
- ☐ Limes
- ☐ Garlic
- ☐ Ginger

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