

LOSING WEIGHT IS SIMPLE, RIGHT? YOU JUST HAVE TO BURN MORE CALORIES THAN YOU EAT!

What to Eat When You're Taking a GLP-1

There isn't a "one-size-fits-all" diet for those on GLP-1 medications—it's about finding a nutritious and sustainable eating plan. A healthy diet doesn't mean giving up all your favorites; it's about making smart adjustments.

- **Protein is crucial** for everyone, particularly for those on a GLP-1 weight loss regimen. For people on a GLP-1 medication, experts recommend getting in **at least 60g of protein per day**. Increasing your protein intake helps maximize fat loss while preserving muscle strength and enhancing satiety. Here are some top **protein-rich foods** to include in your diet: **Chicken, Seafood, Eggs, Nuts, Greek yogurt**
- **High-fiber foods** are vital for any diet, especially when you're using GLP-1 medications. Fiber not only helps you feel full longer, reducing calorie intake, but it also nourishes beneficial gut bacteria and acts as a prebiotic. Maintaining a healthy gut is crucial for overall health, and fiber is the foundation. Typically, it's recommended to consume 14 grams of fiber per day. Excellent sources of fiber include fruits, vegetables, grains, and legumes, which are both nutritious and flavorful. Here are some great fiber-rich foods to add to your meals: **Berries, Lentils, Chia seeds. Quinoa, Green peas, Raspberries, Pears**
- **Carbs are not the enemy!** In fact, complex carbohydrates help stabilize blood sugar levels and offer a healthy energy source. Both fiber and starch are types of complex carbs, including the fiber-rich foods we've previously mentioned. Enjoying natural sugars from your favorite fruits is perfectly fine. However, it's the simple carbs and empty calories that warrant a closer look and might need to be limited in your diet.

Avoiding Sugar Spikes

While GLP-1s curb cravings and reduce your appetite, it'll prove difficult to see results if there's no substance to what you're eating and drinking. The problem lies with blood sugar spikes. A blood sugar spike occurs when glucose builds up in your bloodstream, which is common after eating. Typically, the culprits for sugar spikes are: Soda, juices, alcohol; Sugary snacks like cookies, donuts, and candy; Excess high fat foods; Foods with high-fructose corn syrup ... **DON'T WASTE YOUR CALORIES ON WHAT YOU'RE DRINKING! PAY ATTENTION TO THE CALORIES IN STARBUCKS, MARGARITAS, SODA, SWEET TEA & SMOOTHIES!**

Establish Positive Habits & TRY to Exercise 30 minutes Per Day!

Remember, everyone is different! Some people need less than 1500 calories to lose, some it may be 1000 calories. There are many free calorie-counting apps that may help you realize how many calories are in certain foods! **Did you know? Chick Fil-A Cobb Salad w/ Chicken: 890 calories -- McDonald's Quarter Pounder w/ Cheese: 540 calories!** Just saying ... I'm going for the Quarter Pounder (minus the fries of course)! Some of our patients are seeing great results with intermittent fasting. Just find what works for you – if you're not losing weight on the meds – take a step back and truly look at what you're eating!

Remember, it's not an overnight change or an instant solution. Keep at it, let the meds build up, but stay mindful and on top of what you're eating! **"WEIGHT LOSS IS NOT A PHYSICAL CHALLENGE, IT'S A MENTAL ONE!"**