



GLP-1 Therapy: Strategies for Successful Weight Loss

For patients using GLP-1 medications for obesity treatment and/or metabolic health

If you're taking a GLP-1 medication to support weight loss and improve your health, nutrition and lifestyle changes can make a big difference in helping you feel your best and reach your goals.

1. Protein

- Try to eat enough protein every day to support your muscles and keep you feeling full
- Most people need about 1.2–1.5 grams of protein per kilogram of body weight
- Get at least half of your protein from whole foods like eggs, fish, chicken, tofu, or Greek yogurt
- Use protein powders if needed. Some good options include:
 - Whey protein isolate for building or maintaining muscle
 - Casein for slower digestion and blood sugar support
 - Hydrolyzed whey if you have stomach issues
 - Pea protein for a plant-based option

2. Fiber

- Aim for 25–38 grams of fiber per day to help with digestion, fullness, and regularity
- Choose high-fiber foods like vegetables, fruits, whole grains, beans, and nuts

3. Fluids

- Drink at least 10 cups (80 ounces) of fluid a day
- Choose water, herbal tea, or low-calorie drinks
- Try to keep caffeine under 400 mg/day (about 3–4 cups of coffee)

4. Healthy Eating Habits

- Focus on meals that are high in protein and vegetables
- Choose whole grains, lower-fat dairy, and healthy fats like olive oil, nuts, and avocado
- Avoid crash diets or cutting out whole food groups
- Pay attention to your hunger and fullness cues
- A general calorie range is:
 - 1,200–1,500 calories/day for women
 - 1,500–1,800 calories/day for men
 - Your needs may be different, so talk to your provider

5. Staying Active

- Move your body regularly to help keep muscle and boost energy
- Do resistance training (like lifting weights or using bands) at least 4 times a week for 30 minutes
- Add 150 minutes of walking or other cardio each week

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