GLP-1 Nutrition Toolkit: Protein, Fiber & Hydration

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Objectives

- Understand GLP-1 basics (how they work)
- Learn nutrition priorities for effectiveness and comfort
- Learn strategies to minimize side effects
- Access simple tools to implement right away

What is a GLP-1?

GLP-1 is a natural hormone made in your gut after you eat that helps regulate your appetite and blood sugar.

- Slows digestion: feel full sooner and stay full longer
- Prevents blood sugar spikes
- Sends signals to the brain to reduce appetite

GLP-1 receptor agonists (medications) mimic the natural GLP-1 hormone.

Examples: Semaglutide (Ozempic, Wegovy), Liraglutide (Saxenda, Victoza) and Tirzepatide (Mounjaro, Zepbound)

Common Side Effects

- Nausea, vomiting, early fullness, constipation or diarrhea can occur
  - Start with smaller meals, incorporate protein regularly, stay hydrated and avoid large fatty meals
  - Gradual dose titration per clinician
  - Avoid skipping doses unless advised by clinician

PROTEIN
FIBER
GLP-1
SUCCESS
MEAL
STRUCTURE
HYDRATION
PORTION SIZE

Protein

- Protein supports fullness and helps preserve lean mass during weight loss.
- Practical targets: Include a primary protein source at each main meal
- 60-80 grams protein/day for Females and 80-100 grams protein/day for males

Protein

Animal Based:

- Egg (1 egg = 6 grams)
- Chicken breast (3 oz = 25-30 grams)
- Fish (3 oz = 20-25 grams)
- Greek yogurt (3/4 cup = 15-20 grams)
- Cottage Cheese (1/2 cup = 14 grams)

Plant Based:

- Beans/Lentils (1/2 cup cooked = 7-9 grams)
- Tofu/Tempeh (1/2 cup = 10-20 grams)
- Edamame (1/2 cup = 9 grams)
- Nuts/seeds (1 oz = 4-8 grams)

Fiber

- Fiber helps with satiety and gut health
- Include a mix of soluble and insoluble fiber
- Pair fiber with protein to maximize satiety
- Target 25–38 g/day; increase gradually

Hydration

- Sip regularly
- Include water-rich foods (soups, cucumber, watermelon, berries)
- Choose unsweetened beverages
- Consider electrolyte drinks
- Monitor for signs of dehydration: dark urine, dry mouth, dizziness or fatigue that does not improve

Portion Control

- Serving Size: recommended amount of food
- Portion Size: amount of food you choose to eat

Create a Balanced Plate

- Make half your plate fruit or vegetable
- ¼ of your plate protein
- ¼ plate carbohydrate; ½ cup rice/pasta/potato OR 1 slice bread/1 tortilla

Sample Meal Plan Ideas

8:00 Breakfast:

2 eggs + 1 slice whole grain bread + ¼ avocado + 1 cup berries

Greek yogurt + 1 cup berries

Overnight oats (1/2 cup oats, ½ cup Greek yogurt, ¼ cup berries)

12:00 Lunch:

3 oz shredded chicken + 2 cups mixed greens + ¼ cup quinoa + ¼ cup raw broccoli + carrots + cucumbers + 2 tbsp balsamic vinegarette

½ tuna sandwich made with Greek yogurt or low-fat mayo on whole grain bread + 2 tbsp hummus + sliced cucumbers + carrots

1.5 oz chicken + ¼ cup beans + ¼ avocado + sliced red pepper + mixed greens

3:00 Snack:

Sliced cucumbers + bell peppers + baby carrots with 2 tbsp hummus OR Greek yogurt mixed with ranch seasoning

Greek yogurt + 2 tbsp dark chocolate chips + 1 cup berries

String cheese + 1 cup berries

6:00 Dinner:

Stuffed bell peppers with quinoa and lentils

Grilled chicken + broccoli + ½ cup brown rice

Lentil soup made with peppers and carrots

Convenient Protein

Snacks

14G PROTEIN 5G FIBER 2G NET CARBS 114 CAL
THE ONLY BEAN
CRUNCHY ROASTED
EDAMAME BEANS
HIGH PROTEIN SUPERSNACK
LOW-CARB • GLUTEN-FREE • VEGAN
SEA SALT

Signature SELECT
FRESH & FLAVORFUL
Peeled Baby-Cut Carrots

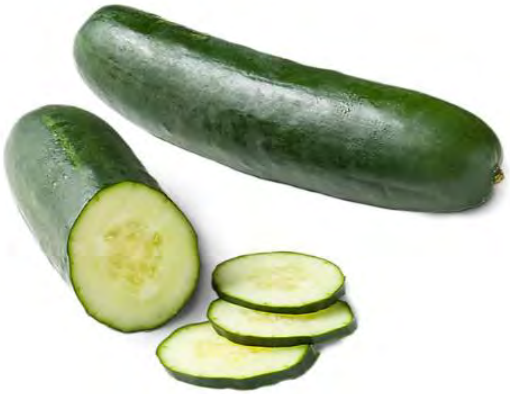
8 COUNT
ORIGINAL BEEF STICKS
CHOMPS
GRASS FED & FINISHED BEEF
9G PROTEIN
90 CALORIES
ZERO SUGAR

nature fresh farms
taste good, feel good.
454g 1lb

NEW & IMPROVED TASTE
FOR SNACKING AND TOPPING
BIENA
CHICKPEA SNACKS
SEA SALT
6g PLANT PROTEIN
6g FIBER
NET WT. 5 OZ (142g)
GRAIN FREE
GLUTEN FREE

12 STICKS
Lucerne
DAIRY FARMS
SINCE 1904
STRING CHEESE
LOW-MOISTURE PART-SKIM
MOZZARELLA CHEESE
NET WT 12 OZ (340g)

Chobani
20G Protein
Zero Added Sugar
Vanilla
ONLY NATURAL INGREDIENTS
20G Protein
Zero Added Sugar
Vanilla
Chobani



FRESH & FLAVORFUL
Signature SELECT
Blueberries

Pantry Staples

Freezer Options

GLP-1 Top Tips

- Get enough protein
  - Females: 60-80 grams per day
  - Males: 80-100 grams per day
- Incorporate fiber for satiety and to prevent constipation
- Stay well hydrated
- Eat small, frequent meals
- Consider portion size and build a balanced plate

Additional Support

- Bring a list of questions or concerns to your provider visit
- Ask for referral to Registered Dietitian (many insurances will cover this!)
- Watch our previous Nourish to Flourish videos

Questions??