

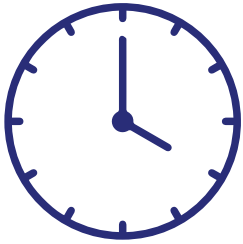
Nutrition Considerations While Taking GLP-1 Medications

Examples

Ozempic® • Wegovy® • Rybelsus® • Mounjaro® • Zepbound® • Saxenda®

What do GLP-1 medications do?

Slow stomach emptying



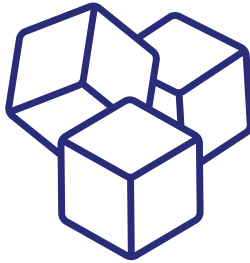
Reduce appetite



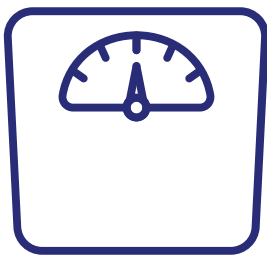
Increase feelings of fullness



Improve blood sugar control



May support weight management



Nutrition Priorities	
Prioritize Protein	Get Enough Fibre
Include a protein source at each meal and snack to help maintain muscle mass and strength and keep you feeling satisfied. Examples: Greek yogurt, cottage cheese, eggs, fish, chicken, lean meat, tofu, beans, lentils. If you have a smaller appetite, prioritize eating the protein foods first.	Fibre supports: - Regular bowel movements - Blood sugar management - Heart health Aim for 25–38 g of fibre per day from foods such as vegetables, fruit, whole grains, oats, beans, lentils, chia, and flax. Increase fibre gradually and drink plenty of fluids.

Eat Regularly	Build Balanced Meals	Stay Hydrated
Even if you are not hungry: - Aim for three meals each day - If meals are difficult, try smaller meals or snacks every 2-3 hours Avoid skipping meals whenever possible.	Use the Canada's Food Guide Plate Model when possible: ½ plate: Vegetables and fruit ¼ plate: Protein foods ¼ plate: Whole grain foods	- Aim for 2–3 L (8–12 cups) of fluids daily* - Choose water most often - Sip slowly if nausea occurs <i>*Unless advised otherwise by your healthcare provider</i>

Nutrition Considerations While Taking GLP-1 Medications

Nutrients to Pay Attention To

Protein

Fiber

Calcium

Vitamin D

Iron

Vitamin B12

Talk with your healthcare team before starting supplements.

Managing Common Side Effects

Nausea? Try to...

Eat slowly, choose smaller meals, avoid large or high-fat meals, sip fluids slowly.

Constipation? Try to...

Drink plenty of fluids, gradually increase fibre intake, and stay physically active.

Feeling Full Quickly? Try to...

Eat smaller meals more often and prioritize protein foods first.

Heartburn/Reflux? Try to...

Eat smaller meals, avoid lying down after eating, and limit foods that worsen symptoms.

Contact Your Healthcare Provider If You Have:

- Signs of dehydration (e.g., dizziness, dark urine, very little urine)
- Persistent vomiting or inability to keep fluids down
- Difficulty eating or drinking for several days
- Severe or persistent abdominal pain

Need personalized support? Everyone's nutrition needs are different.

This handout provides general nutrition information and is not a substitute for individualized medical or nutrition advice. Speak with a **Registered Dietitian** for recommendations tailored to your health needs.