HOW TO EAT ON GLP-1 AGONISTS:

KINGSWAY NATUROPATHIC CLINIC

A Patient Information Guide

Why Eating Well Matters

GLP-1 agonists lower appetite & slow stomach emptying, which helps with weight loss — but they can also make you more sensitive to what & how you eat. Choosing the right foods reduces side effects, protects muscle, & ensures healthy, sustainable results.
The goal is simple: eat smaller portions, emphasize protein, stay hydrated, & avoid foods that worsen nausea or reflux.

How GLP-1s Change Digestion

GLP-1 medications:

- Slow stomach emptying
- Reduce appetite & cravings
- Increase fullness with smaller meals

Because digestion is slower, heavy, greasy, or large meals can cause nausea, bloating, or reflux

Foods That Can Trigger Side Effects

Avoid or limit these, especially early in treatment or during dose increases:

- Greasy, fatty meals
- Fried foods
- Large portions
- Eating too quickly
- Carbonated drinks
- High-sugar foods
- Alcohol on an empty stomach
- Raw cruciferous veggies (harder to digest)

Include Healthy Fats (in moderation)

Small amounts help with satiety; large amounts can worsen nausea.

- Avocado
- Olive oil
- Nuts/seeds (small servings)
- Nut butters

Choose Easy-to-Digest Foods

Cooked foods usually feel better than raw foods.

- Steamed or roasted veggies
- Oatmeal, quinoa, rice
- Soups, stews, curries
- Soft fruits (berries, banana, melon)

Prioritize Protein

Protein preserves muscle, boosts metabolism, & keeps us full
Muscle loss = slower metabolism & worse long-term results.
Muscle mass = better energy & health, easier maintenance.

- **Protein goal: 1.2–1.6 g/kg/day**
- **Strength training: 2–4×/week**

Examples:

- Eggs, tofu, tempeh
- Greek yogurt, cottage cheese
- Fish, seafood
- Protein shakes or smoothies
- Beans + lentils (pair for complete protein)

How to Structure Your Meals

A. Smaller Portions
Your stomach fills faster — embrace it.
Start with ½ the portion you'd normally eat.
B. Eat Slowly
Aim for 15–20 minutes per meal.
C. Stop When Gently Full
Do not push through fullness — this increases nausea.
D. Consider smaller, more frequent meals (optional)
Some patients prefer:

- 3 small meals + 1–2 high-protein snacks
- Others prefer:
- 2 nutrient-dense meals + 1 snack
- Either pattern is fine — listen to your body

Hydration

Aim for 2–3 L of water daily.
Slow digestion = higher dehydration risk

Constipation, Nausea & Reflux:

What Helps

A. If You Feel Nauseated

- Ginger tea, ginger chews
- Peppermint tea
- Eat smaller portions
- Avoid eating late at night
- Temporarily reduce fatty foods

B. If You Feel Constipated

- Increase water first
- Add fiber-rich foods: chia, flax, berries, oatmeal
- Consider magnesium glycinate or citrate
- Warm fluids (tea, lemon water)

C. If You Feel Reflux

- Smaller meals
- Avoid lying down after eating
- Avoid large or fatty meals
- Limit caffeine, chocolate, peppermint

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