

GLP-1 THERAPIES AND WEIGHT LOSS: STAY STRONG ON YOUR GLP-1 JOURNEY

GLP-1 therapies can help people lose weight and improve health.

Losing weight too quickly or eating too little can make it harder to maintain muscle.
Good nutrition, adequate protein, and regular activity can help you stay strong.

CHANGES YOU MAY EXPERIENCE



REDUCED APPETITE OR FEELING FULL QUICKLY

GLP-1 therapies reduce hunger and increase feelings of fullness. Very low appetite, skipping meals, or choosing very small portions can make it difficult to get enough essential nutrients, protein, and fiber.



CHANGES IN FOOD INTAKE

You may eat less or choose different foods, making it harder to get enough protein and other important nutrients.



NAUSEA, VOMITING, DIARRHEA, CONSTIPATION

Digestive symptoms may make eating or drinking more difficult.

BENEFITS YOU MAY ENCOUNTER



IMPROVED NUTRITION AWARENESS

Some people become more aware of their food choices and develop healthier eating habits.



FOCUS ON MUSCLE HEALTH

Good nutrition and regular activity can help maintain strength and support lean muscle.



IMPROVED GI AWARENESS AND HABITS

Eating smaller, more frequent meals may help improve comfort and make eating easier. Your healthcare team can help you choose foods based on your gastrointestinal (GI) health to support sustainable eating habits.

EAT WELL. MOVE MORE.

TIPS TO STAY STRONG AND WELL-NOURISHED

Your journey is about more than weight loss.

Good nutrition and regular activity can help maintain muscle, strength, and support long-term health.

GOOD NUTRITION

Ways to fuel your body with nutrient-rich foods during your weight loss journey, whether shopping, eating out, or cooking at home.

Protein helps maintain muscle

- Eggs
- Chicken
- Turkey
- Fish
- Beans
- Lentils



- Yogurt
- Milk
- Tofu



Fiber-rich foods help support digestive health

- Whole grain rice
- Whole grain pasta
- Whole grain bread
- Oatmeal
- Potatoes
- Fresh and canned fruits

- Fresh and canned vegetables
- High-fiber cereal



Nutritional supplements when eating is challenging

High-protein nutrition shakes may help when eating enough is difficult. Depending on your health needs, including diabetes or prediabetes, specialized nutrition shakes may be appropriate.

- Protein
- Important vitamins and minerals
- Nutrition to help maintain muscle and strength



Hydration

Drink fluids throughout the day to help prevent dehydration

STAYING ACTIVE

Every bit of movement helps protect your muscles & improve your overall health.

Find activities you enjoy and can fit into your day.

Moving more helps protect muscle

- Walking
- Stretching
- Doing chores like cleaning or gardening

Strength activities help you stay strong

- Light weights or resistance bands
- Bodyweight exercises (2–3 times / week)
- Strength activity

Being active helps results last longer

- Move often during the day
- Find a routine that works for you
- Keep it fun or do it with a group

Healthy weight loss supports strength, energy, and long-term health.

You have the power to nourish your body and feel strong along the way.

Work with your healthcare team to choose the nutrition and activity plan that's best for you.

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