

10 Eating Tips for Patients on GLP1 Medications

1. Eat high protein foods first.
 - a. Animal based proteins – beef, chicken, fish, shellfish, turkey, pork, eggs, cheese (do not rely too heavily on cheese since it is high in fat), low carb Greek yogurt, cottage cheese, whey protein powder or drinks, protein bars.
 - b. Plant based proteins – tofu, tempeh, seitan, Quorn, Beyond Meat, pea protein, brown rice protein, pea protein powder or drinks, protein bars.
2. Eat non-starchy vegetables next.
 - a. Artichokes, asparagus, broccoli, brussels sprouts, cabbage, carrots, cauliflower, celery, collard greens, cucumber, eggplant, green beans, hearts of palm, kale, lettuce (all varieties), mushrooms (all varieties), okra (not breaded), onions, parsley, peppers (all varieties), pickles (dill only), radishes, sauerkraut, seaweed, snap and snow peas, spinach, sprouts, spaghetti squash, yellow squash, zucchini, tomatoes, turnip greens.
3. Allow some healthy fats.
 - a. Nuts, seeds, olive oil, avocado and avocado oil, peanut oil, butter, coconut oil, chia seeds, flax seeds.
 - b. Try to limit processed seed oils like canola, corn, and soybean oil. Many are found in mayonnaise, salad dressing, margarine, and processed foods.
4. Eat fruit and/or starch last if you are still hungry.
 - a. Best fruits (not juices) – berries, apples, oranges, peaches pears, kiwi.
 - b. Best complex starches – ½ cup beans (like pinto, lima, navy, chili, black, etc.), low carb tortillas or zero net carb street tacos, ½ cup cooked chickpea or lentil pasta, ½ cup sweet potatoes, flourless or keto bread, ½ cup cooked old fashioned or steel cut oats, ½ cup cooked parboiled rice, ½ cup cooked brown rice, ½ cup cooked wild rice, ½ cup cooked basmati rice, 3 cups popped popcorn.
5. Avoid high fat and fried foods.
6. Avoid processed meats.
7. Avoid refined carbohydrates and sugar.
 - a. White bread, white rice, pasta
 - b. Desserts – cookies, pastries, ice cream
 - c. Most breakfast cereals
 - d. Sugar-sweetened beverages, candies, chocolate
8. Limit carbonated beverages – can contribute to bloating.
9. Limit alcohol intake.
10. Eat slowly and avoid feeling too full.