



GLP-1 Medications and You

What to Know for Weight
Management and Health



Webinar tips



- You will find a PDF of the slides in the Resources list
- Closed captioning will be available during the webinar
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Today's G.E.H.A presenters



Angela Kaps

Sales, National Webinar Engagement Specialist



Kodi Watson

Clinical Operations, Registered Dietitian Nutritionist III

Agenda



- Reviewing GLP-1 general nutrition guidelines
- Consulting a health care professional for personalization
- Understanding exercise guidelines and programs

Nutrition and lifestyle for people on GLP-1 medications

Diet and exercise guidance for patients taking GLP-1s
Follow our **MEAL** plan to maximize benefits while taking GLP-1s for weight loss.

Maintain muscle

- 20-30 g Protein (fish, poultry, yogurt, beans) per meal
- Protein shakes when GLP-1s severely reduce appetite

Energize and balance

- Snacks (nuts, fruits, yogurt) between meals
- Slow-digesting foods (oatmeal, sweet potatoes); healthy fats (olive oil, avocado)

Avoid GLP-1 side effects

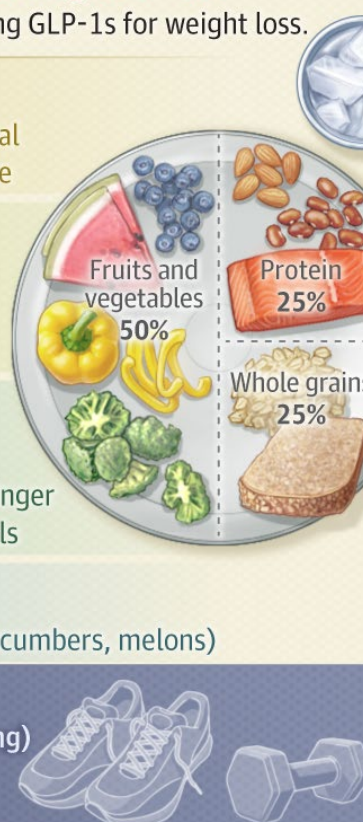
- Constipation: increase fiber and stay hydrated
- Nausea: avoid fried foods; eat whole grains and try ginger
- Heartburn: avoid spicy foods; stay upright after meals

Liquid for hydration needs

- 8-12 Cups water per day; hydrating foods (soups, cucumbers, melons)

Physical activity while taking GLP-1s

- Aerobic exercise: 150 minutes per week (brisk walking)
- Strength training: 30 minutes, 2-3 times per week (weights, resistance bands)



Source: [JAMA Internal Medicine](#)

What are GLP-1s and why follow these guidelines?

- Glucagon-like peptide-1 (GLP-1) receptor agonists (semaglutide [Wegovy, Ozempic, Rybelsus]) and dual incretin agonists (tirzepatide [Zepbound, Mounjaro]) are medications that reduce food cravings, increase fullness, slow digestion and can help control blood glucose. They are popular treatments for obesity.
- GLP-1 medications can cause loss of muscle along with fat loss. Preserving your muscle mass is important for weight maintenance and overall health and longevity.

Source: [JAMA Internal Medicine](#)



Maintain muscle

20–30 grams protein per meal as a general guideline

Protein needs based on body weight

- Generally, 0.8–1.5 g/kg body weight, though can vary based on other health conditions
- See a Registered Dietitian Nutritionist for an individualized recommendation

Protein sources

Animal sources:

- 1 oz. meat, fish or poultry provides about 7 g protein
- 1 oz. cheese provides about 7 g protein
- 1 cup Greek yogurt provides 12–20 g protein (check the label)

Plant sources:

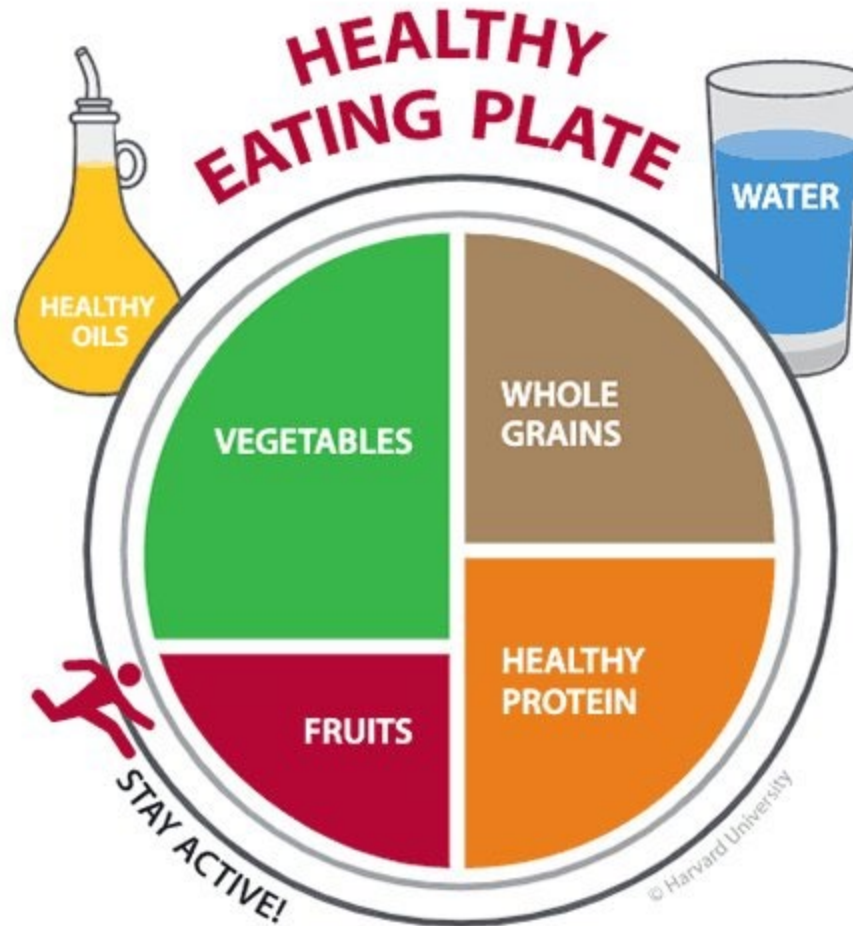
- ½ cup beans provides 6–8 g protein (check the label)
- 2 tablespoons peanut butter provide about 7 g protein

Source: [Clinical Nutrition](#)



Energize and balance

Small,
frequent meals



Protein shakes
if not hungry

Your body still
needs fuel even if
you aren't hungry

Liquids are
easier to digest

Source: [JAMA Internal Medicine](#)



Avoid GLP-1 side effects

Constipation

- Fiber
- Hydration

Nausea

- Avoid fried foods
- Eat whole grains
- Drink ginger tea

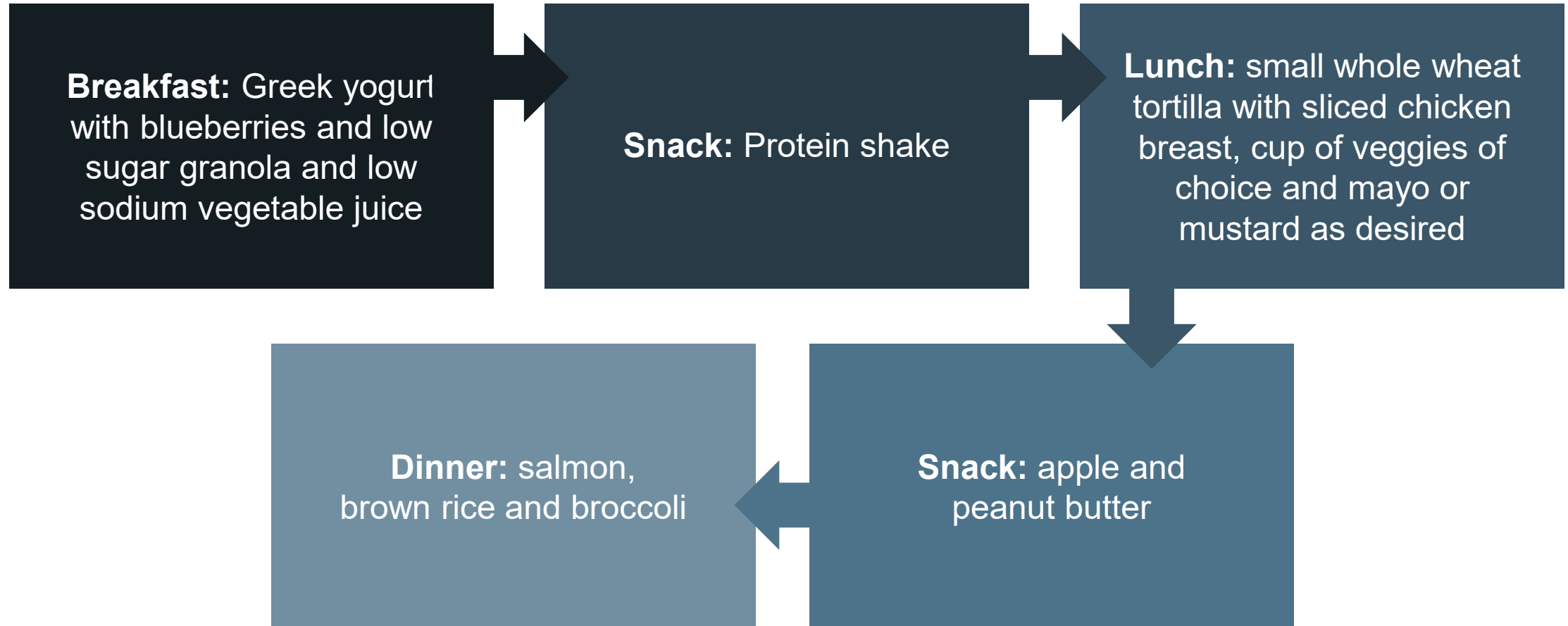
Heartburn

- Avoid spicy foods
- Stay upright after meals

Source: [JAMA Internal Medicine](#)



Example menu





Recipe resources



[Fit Foodie Finds: Easy, healthy recipes for families](#)



[The Real Food Dietitians: Healthy, fresh and delicious recipes](#)



[American Diabetes Association: Simplify meal planning with the Diabetes Plate](#)



[EatingWell: Healthy recipes, healthy eating](#)



Nutrition tips



Schedule and plan meals — you can't always rely on hunger to remind you to eat with the GLP-1s



Meal plan the way it makes sense for you — not what you see online

Consider weekly schedule and time restraints



Bare minimum — grab a protein and fiber rich carbohydrate

Examples: apple and peanut butter; yogurt and berries; veggies and hummus; boiled egg and whole wheat toast

Liquid for hydration needs

- **8–12 cups water per day**
 - Can include herbal teas, flavored waters
 - Consume hydrating foods
- **Soups**
 - Cucumbers
 - Melon

Source: [JAMA Internal Medicine](#)





Physical activity

- **150 minutes of moderate aerobic exercise weekly**
 - Brisk walking, dancing, biking, gardening
 - Can be broken up however you need
- **Strength training**
 - At least twice a week
 - Two sets of 8 to 10 reps hitting all major muscle groups

Source: [Office of Disease Prevention and Health Promotion](#)

Resources you can use



[JAMA Internal Medicine: I am taking a GLP-1 weight-loss medication — what should I know?](#)



[Academy of Nutrition and Dietetics: Find a nutrition expert](#)



[The Nutrition Source: Healthy Eating Plate](#)



[American Diabetes Association: Simplify meal planning with the Diabetes Plate](#)

Questions?



G.E.H.A member resources



Elevate and Elevate Plus plans

- G.E.H.A Well-being Platform
- Learn more at geha.com/WellnessPays



High, Standard and HDHP plans

- G.E.H.A Well-being Platform
- Learn more at geha.com/HealthRewards



All G.E.H.A plans

- Healthy recipes and health and wellness articles
- Learn more at geha.com/Blog



G.E.H.A website for benefit information geha.com





More questions?



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**Q&A chat will go on through
1 p.m. Eastern time**

This is a brief description of the features of Government Employees Health Association, Inc.'s health plans. Before making a final decision, please read the G.E.H.A Federal brochures which are available at geha.com/PlanBrochure. All benefits are subject to the definitions, limitations and exclusions set forth in the Federal brochures.

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