

REBUILT GLP-1 Resource



PROUD PARTNER OF
HSN
HEALTHY STEPS NUTRITION



WHAT ARE GLP-1 LEADING ROLE?

GLP-1 medications mimic a hormone your body naturally releases after eating.

These medications:

- Help regulate blood sugar
- Support appetite
- Control weight loss
- Slow digestion (keeping you fuller longer)
- Lower the risk of cardiovascular events
- Improve insulin sensitivity

IMPACTS OF GLP-1 ON YOUR ORGANS:

LIVER: digestion, nutrient processing, waste removal, and detoxification



BRAIN: central location for integrating hormonal and neural signals related to energy balance and appetite



STOMACH: store food, break it down both physically and chemically, and release it into the small intestine



PANCREAS: digestion and hormone regulation



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NUTRITION GUIDELINES WHILE ON GLP-1S

HSN Dietician Approved:

Avoid Skipping Meals: Regular meals help manage blood sugar and reduce nausea

Small, frequent meals may be better tolerated

Hydration: Drink plenty of water Limit caffeine and alcohol, which may worsen symptoms

Digestive Support: Choose easy-to-digest foods Avoid gas-forming or heavy meals

Focus on Whole Foods First: Prioritize vegetables, fruits, whole grains, and legumes

Limit ultra-processed foods high in sugar, fat, or grease

Protein is Critical: Aim for 0.8 – 1.1g per pound of ideal body weight Target 25 – 40g protein per meal, spaced out over the day

Prioritize lean protein (chicken, fish, tofu, yogurt, eggs, etc.)

POTENTIAL SUPPLEMENT RECOMMENDATIONS:

- Vitamin B12
- Iron
- Calcium
- Vitamin A, D, E, K
- Magnesium
- Multivitamin
- Probiotics

