

# wellnesslab

PEPTIDES. WEIGHT LOSS. HORMONES.

## GLP-1 Medical Therapy Nutrition Guide

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# CONGRATULATIONS

on Starting Your New Health Journey!

## Focus on FIBER

- Remember to gradually increase your fiber intake by 3-5g per day, until you reach a total of 40-60g of fiber daily (as tolerated). Skip the fiber supplements and get your fiber from foods!

## Lean PROTEIN

- Aim for at least 1.2 g/kg body weight of protein daily! Focus on plant sources of protein as much as possible, and if you eat animal protein, stick with fatty fish and lean protein like chicken

## Stay HYDRATED

- Keep up your water intake while you are increasing your fiber, to keep your GI tract moving. Hydration is key!

## STRENGTH Training

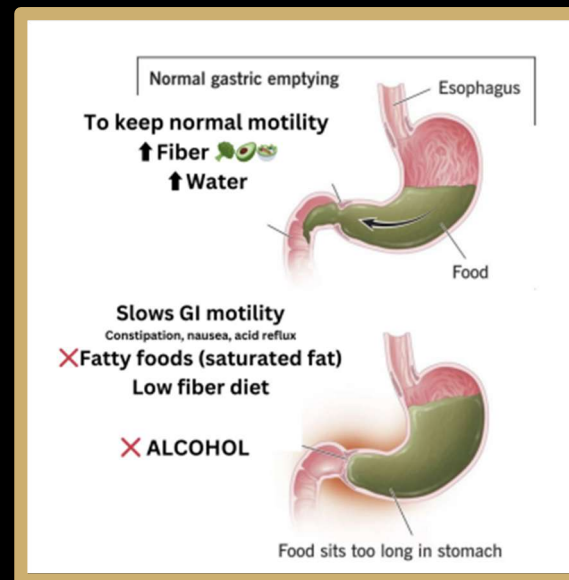
- The most important component of building lean muscle mass is participating in strength and resistance training multiple days per week! You can do it!

# How They Work

Understanding the basics of how GLP-1 medications work inside your body to promote weight loss, can help you understand why correct nutrition is so integral to the process of successful GLP-1 medical therapy.

GLP-1 meds help you lose weight by taming hunger and keeping you full longer—like a tiny appetite coach! They slow digestion to curb cravings while fiber keeps things moving and your gut happy. But watch out—fatty, processed foods can throw things off, making nausea and reflux worse.

The key? A power combo of fiber, protein, and hydration to feel great and get the best results. This guide will help you crush your GLP-1 journey and keep your wellness game strong!



# NUTRITION TIPS

## FOODS TO EAT:

**Small, frequent meals:** Eating small, frequent meals throughout the day can help to prevent nausea.

**High-Fiber Foods:** Foods high in fiber such as fruits, vegetables, whole grains, legumes, beans, peas, nuts, seeds, can help to regulate digestion and prevent constipation.

**Lean Protein:** Lean protein sources such as plant protein (legumes, beans, tofu), if you eat animal products stick with fatty fish such as salmon, herring, trout, mackerel, or lean meat like chicken

**Stay hydrated!** Hydration is an important part of keeping your gastric tract flowing, preventing constipation, and overall health.

## FOODS NOT TO EAT:

**High-fat foods:** High-fat foods such as fried foods, red meat, pork, butter, high fat dairy like butter and cheese, and processed foods can slow down digestion and exacerbate nausea and vomiting.

**Spicy foods:** Spicy foods can irritate the digestive system and worsen nausea, vomiting, and acid reflux.

**Sugary foods:** Foods high in refined sugar can cause rapid spikes in blood sugar levels

**Alcohol:** Limit alcohol use, as it can increase the risk of low blood sugar and worsen nausea, vomiting, and diarrhea. It also affects liver function and irritates the digestive system, amplifying GLP-1 medication side effects.

**Avoid eating at least 3 hours before bedtime or laying down:** Eating too close to bedtime or laying down can exacerbate acid reflux symptoms.

# NUTRITION TRACKING



## **Here are step-by-step instructions for patients on how to create a food diary using the free apps MyFitnessPal**

1. **Download the app:** Go to the app store on your smartphone and search for “MyFitnessPal”. Download the app to your phone.
2. **Sign up or log in:** Once the app is downloaded, create an account or log in with your existing account details.
3. **Set up your profile:** Enter your personal details such as age, height, weight, and activity level.
4. **Start tracking your food intake:** The app will prompt you to enter your meals and snacks, along with the portion sizes. You can search for food items by typing in their name, scanning the barcode, or selecting from a pre-populated list of foods.
5. **Use the diary feature:** MyFitnessPal has a “diary” feature, where you can see all the food and drink you have consumed throughout the day, as well as your progress towards meeting your calorie and nutrient goals.
6. **Review your progress:** Over time, review your food diary to see patterns in your eating habits and adjust as necessary

**Start out by tracking your baseline diet for 3 days without making any changes, to get an idea what your baseline average intake is of fiber, saturated fat, protein, and sodium**

# THE VIP: FIBER

## STEP 1: Track your baseline fiber intake

Track your normal fiber intake for 3 days before increasing it to avoid initial bloating. If you're not used to high-fiber foods, they may cause gas at first, but your gut adapts over time. Beans and veggies don't inherently cause bloating—gradual intake helps digestion. The more fiber you eat, the healthier your gut microbiome becomes. Knowing your baseline intake helps you add fiber gradually!

## STEP 2: Gradually increase your fiber intake to 40-60 grams daily!

After tracking your baseline fiber intake, gradually increase it by 5g per day, aiming for at least 40g daily (or 60g if you have high cholesterol). Good fiber sources: whole grains, fruits, veggies, legumes, seeds, and nuts—stay hydrated! While there's a minimum fiber intake recommendation, there's no strict upper limit. Ideal fiber intake varies based on health goals, and some conditions like high cholesterol, diabetes, and constipation benefit from higher intake. Fun fact: our ancestors ate over 100g of fiber daily!

# THE VIP: FIBER



## Stay well hydrated

Hydration is key when increasing fiber intake, as fiber absorbs water to aid digestion. Without enough fluids, it can dry out, leading to constipation. Drinking plenty of water helps fiber soften stool and support regular bowel movements, ensuring optimal digestive health.

**Boost hydration with electrolytes—they help your body soak up water like a sponge!**

## Skip the fiber supplements

For the most comprehensive health benefits, it's recommended to get your fiber from a diverse range of whole foods.

# HIGH FIBER FRUITS

<b>Fruit (Serving Size)</b>	<b>Fiber (g)</b>	<b>Fruit (Serving Size)</b>	<b>Fiber (g)</b>
Raspberries (1 cup)	8.0	Plums (1 medium)	1.0
Blackberries (1 cup)	7.6	Kiwi (1 medium)	2.1
Strawberries (1 cup)	3.0	Guava (1 cup, raw)	8.9
Blueberries (1 cup)	3.6	Papaya (1 cup, raw)	2.5
Apples (1 medium, with skin)	4.4	Avocado (1 whole)	10.0
Pears (1 medium)	5.5	Mango (1 cup, sliced)	3.0
Oranges (1 medium)	3.1	Cherries (1 cup, no pits)	2.5
Bananas (1 medium)	3.1	Grapefruit (1 medium)	4.0
Peaches (1 medium)	2.3	Pomegranate (1 cup)	7.0
Passion Fruit (1 fruit)	2.0	Figs (1 medium)	1.6

# HIGH FIBER VEGETABLES

Vegetable (Serving Size)	Fiber (g)	Vegetable (Serving Size)	Fiber (g)
Pumpkin (1 cup, cooked)	7.0	Okra (1 medium)	3.2
Turnip Greens (1 cup, cooked)	5.0	Broccoli (1 cup, cooked)	5.1
Mustard Greens (1 cup, cooked)	2.8	Cauliflower (1 cup, raw)	2.1
Artichokes (1 medium)	10.3	Butternut Squash (1 cup, cooked)	6.6
Swiss Chard (1 cup, cooked)	3.7	Kale (1 cup, raw)	2.6
Spinach (1 cup, cooked)	4.3	Acorn Squash (1 cup, cooked)	9.0
Asparagus (1 cup, cooked)	2.8	Brussels Sprouts (1 cup, cooked)	4.0
Beet Greens (1 cup, cooked)	4.0	Carrots (1 cup, raw)	3.6
Collard Greens (1 cup, cooked)	5.0	Zucchini (1 cup, cooked)	1.0
Cabbage (1 cup, raw)	2.2	Green Beans (1 cup, cooked)	4.0

# HIGH FIBER LEGUMES

## The Protein Powerhouse: Beans, Peas, Lentils

Legume (Serving Size)	Fiber (g)	Legume (Serving Size)	Fiber (g)
Lentils (1 cup, cooked)	15.6	Green Peas (1 cup, cooked)	8.8
Black Beans (1 cup, cooked)	15.0	Black-eyed Peas (1 cup, cooked)	11.1
Chickpeas (1 cup, cooked)	12.5	Red Lentils (1 cup, cooked)	15.6
Split Peas (1 cup, cooked)	16.3	Fava Beans (1 cup, cooked)	9.2
Kidney Beans (1 cup, cooked)	13.1	Edamame (1 cup, cooked)	8.0
Navy Beans (1 cup, cooked)	19.1	Cannellini Beans (1 cup, cooked)	11.0
Lima Beans (1 cup, cooked)	13.2	Northern Beans (1 cup, cooked)	12.4
Adzuki Beans (1 cup, cooked)	17.0	French Beans (1 cup, cooked)	12.2
Mung Beans (1 cup, cooked)	15.4	Butter Beans (1 cup, cooked)	14.0
Pinto Beans (1 cup, cooked)	15.4	Soybeans (1 cup, cooked)	10.3

# HIGH FIBER NUTS & SEEDS

Protein packed, high in fiber, and healthy fats

Nut/Seed (Serving Size)	Fiber (g)	Nut/Seed (Serving Size)	Fiber (g)
Chia Seeds (1 ounce)	10.6	Sunflower Seeds (1 ounce)	3.0
Flaxseeds (1 ounce)	7.7	Pumpkin Seeds (1 ounce)	1.7
Almonds (1 ounce)	3.5	Sesame Seeds (1 ounce)	3.3
Pistachios (1 ounce)	3.0	Hemp Seeds (1 ounce)	1.2
Walnuts (1 ounce)	1.9	Poppy Seeds (1 tablespoon)	1.6
Pecans (1 ounce)	2.7	Cashews (1 ounce)	1.0
Hazelnuts (1 ounce)	2.7	Peanuts (1 ounce)	2.4



# LEGUME PASTA

Legume Pasta	Serving Size	Calories (kcal)	Fiber (g)	Protein (g)
Chickpea Pasta	3.5 oz	340 kcal	8g	20g
Red Lentil Pasta	3.5 oz	330 kcal	11g	21g
Edamame Pasta	3.5 oz	320 kcal	13g	24g
Black Bean Pasta	3.5 oz	310 kcal	12g	25g
Green Lentil Pasta	3.5 oz	330 kcal	9g	20g
Soybean Pasta	3.5 oz	300 kcal	10g	23g
Yellow Lentil Pasta	3.5 oz	335 kcal	8g	19g



# REDUCE: SATURATED FAT

**Reduce your daily intake of saturated fat to less than 7% of total calories.**

**Examples of High-Saturated Fat Foods to Limit or Eliminate:**

- Butter, cream, ghee
- Fried foods
- Cheese
- Whole milk and full-fat dairy products
- Coconut oil and palm oil
- Processed snacks and baked goods

# REDUCE: SODIUM

The American Heart Association recommends no more than 2,300 mg sodium a day and an ideal limit of less than 1,500 mg per day for most adults, especially for those with high blood pressure.

# REDUCE: ALCOHOL

Gradually increase your fiber by 5g per day, aiming for at least 40g daily (or 60g if managing high cholesterol). Great sources include whole grains, fruits, veggies, nuts, and seeds—just stay hydrated! While there's a minimum recommendation, fiber needs vary. Some people, like those with high cholesterol or digestive issues, benefit from more. Fun fact: Early humans ate over 100g a day—so your morning oats have some catching up to do!

# PROTEIN

## How much protein do you need?

**Aim for a minimum of .45 to .54 g/lb body weight of protein daily.**

But if you are trying to build muscle or are very active, you may aim for a higher target of **.64 to .73 g/lb daily.**

*Example: You weigh 180 lbs, and your target is .54 grams per pound of protein daily.*

How much protein do you need?

$180 \text{ lbs} \times .54 \text{ g/lb} = 98 \text{ g protein per day}$

So, a person who weighs 180 lbs and aims to eat .54 g of protein per pound daily should consume 98 g of protein per day.

**Individual protein needs may vary. Check with Danielle for her personalized recommendation.**

# PROTEIN

## Our Top Recommended Protein Sources



Protein Source	Protein (g)
Chicken Breast	46
Tofu	30
Lean Brisket	40
Salmon	27
Tempeh	26
Pasture-Raised Eggs	35
Bean Pasta	33
Lupini Beans	33

# PROTEIN

**It is important to remember that protein intake is only ONE part of the equation when it comes to building and maintaining muscle mass, and strength.**

**The main ingredient to preserving, maintaining, and building lean muscle mass for optimal health, is RESISTANCE TRAINING!**

# RESISTANCE TRAINING

**Resistance training, also known as strength training or weightlifting, is important for health for several reasons**

## **1. Building and maintaining muscle mass**

Resistance training involves lifting weights or using resistance bands to challenge your muscles. Over time, this can lead to an increase in muscle mass, which is important for overall health. Muscle mass helps to improve metabolic rate, which can help with weight management, and also provides support for joints and bones.

## **2. Increasing bone density**

Resistance training can also help to increase bone density, which is important for preventing osteoporosis and reducing the risk of fractures.

## **3. Improving balance and coordination**

1. Resistance training can help to improve balance and coordination, which can reduce the risk of falls and injuries.

## **4. Reducing the risk of chronic diseases**

1. Resistance training has been shown to help reduce the risk of chronic diseases such as diabetes, heart disease, and certain types of cancer.

## **5. Improving mental health**

Resistance training can also have a positive impact on mental health by reducing symptoms of anxiety and depression

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