

Eating trends: Weight loss, protein and GLP-1s

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What is a GLP-1?

- Weight loss medications leverage an existing pathway in our bodies
- GLP-1 = Glucagon-Like Peptide-1
- A hormone designed to:
 - regulate appetite
 - increase satiety
 - slow digestion
 - manage blood sugar levels

How we lose weight on GLP-1s

Appetite goes down

Feel fuller quicker

Eat and drink less

Calorie intake goes down

Often lose a significant amount of weight, in some cases over 20% body weight

Weight loss is only one outcome.

The *quality* of weight loss is equally important.

What are the risks?

- Malnutrition is the greatest risk
- It's common for 20–40% of total weight lost to be lean muscle mass
- Loss of muscle mass can:
 - Reduce metabolic rate
 - Impair mobility
 - Increase falls and fractures
- High risk of micronutrient deficiencies eg. vitamins A, D, E, K, B vitamins, iron and other minerals
- If GLP-1 medications are ceased, the weight comes back on

Weight loss should never come at the expense of *nourishment*

When appetite goes down, *food quality* must go up

Tips to boost nutrition on GLP-1s

- Every bite counts
- Enjoy small, frequent meals and snacks (eg. 6 times a day)
- Eat by the clock, not by your hunger
- Protein first. Maximise meals and snacks rich in protein.
- Fibre and fluids win the day. Stay hydrated.
- Maximise micronutrients
- Focus on nutrient rich whole foods in small portions

Why Australian Almonds
are the *perfect snack*
for a GLP-1 patient

Australian Almonds & GLP-1s

- Nutrient rich
- Small serves = big nutrition
- Portions easy to eat with a low appetite
- Can be added to foods & drinks to boost nutrition
 - Sprinkled on cereal or yoghurt
 - Blended in a smoothie
 - Added to curries or stir-fries
 - Almond meal used in baking
 - Almond butter spread on toast

A handful of Australian almonds gives you:

(% daily intake)

6g protein (12%)

15g healthy fats (22%)

3g fibre (11%)

9mg vitamin E (94%)

80mg magnesium (25%)

1mg manganese (18%)

160mg phosphorus (16%)

265mg calcium (10%)

1mg iron (9%)

1mg zinc (9%)



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