

Navigating GLP-1 Medications

A Nutrition Centered Workbook

WCNT



Module 1

Understanding Your Medications

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This workbook is designed to be **supportive** and **not overwhelming**. You are not expected to fill out every line. You are not expected to have perfect answers. **You are not expected to “do this right.”**

This is a space to:

- *get clearer on what’s happening in your body*
- *notice patterns*
- *reduce confusion*
- *support nourishment and function*
- *advocate for yourself*

Core reminder for this entire workbook:

If you have ADHD or feel easily overwhelmed: Skip around

- Answer just one question per page
- Come back later
- Imperfect answers are more helpful than none



Most Importantly:

Appetite suppression is not the same thing as being nourished.

You can:

- feel less hungry and still need more food
- feel full quickly and still be under-fueled
- eat less and still not be supported or have the support you need

This workbook helps you **stay connected to what your body actually needs.**



1A | Medication Snap Shot **Goal: Clarity**

Its important you know the medication you are taking and how it works. (First, fill in what you know. Leave blanks if needed)

Brand name: _____

Generic/drug name (if known): _____

Injection or pill: _____

How often I take it: _____

Current dose: _____

Date I started: _____

Prescriber: _____

Why was it prescribed?

(Example: blood sugar, weight, metabolic health, other)



How is the medication helping me? *(There are no wrong answers)*



Anything feel confusing or unclear? *(Examples: "Am I supposed to feel this way?" "Is this too strong?" "Am I eating enough?")*



1B | Messages I've Heard



GOAL: Separate the "noise" from reality

This medication is amazing because: _____

This medication is scary because: _____

Things I genuinely don't know that are true about this medication:

Reflections:

Which messages about your medication increases confusion or fear?

What am I needing clear answers on?



1C | How My Body Has Responded



GOAL: Awareness **without** judgement

Check Any that may Apply

Appetite & Eating

- ☐ less hunger
- ☐ quick fullness
- ☐ food aversion
- ☐ forgetting to eat
- ☐ neutral toward food
- ☐ eating feels like a chore

Digestion

- ☐ nausea
- ☐ constipation
- ☐ diarrhea
- ☐ reflux
- ☐ bloating
- ☐ stomach cramping

Energy & Digestion

- ☐ fatigue
- ☐ dizziness
- ☐ brain fog
- ☐ shakiness
- ☐ inconsistent energy
- ☐ skin sensitivity or tingling

Appetite & Eating

- ☐ fear
- ☐ confusion
- ☐ less food noise
- ☐ less enjoyment
- ☐ feeling "in control"
- ☐ concern about eating too little



Reflections



What feels helpful about the medication?

My answer: _____



What feels concerning (even if subtle)? What do I NOT want to ignore?

My answer: _____

1D | Quick Clarity Reset

Finish these statements:



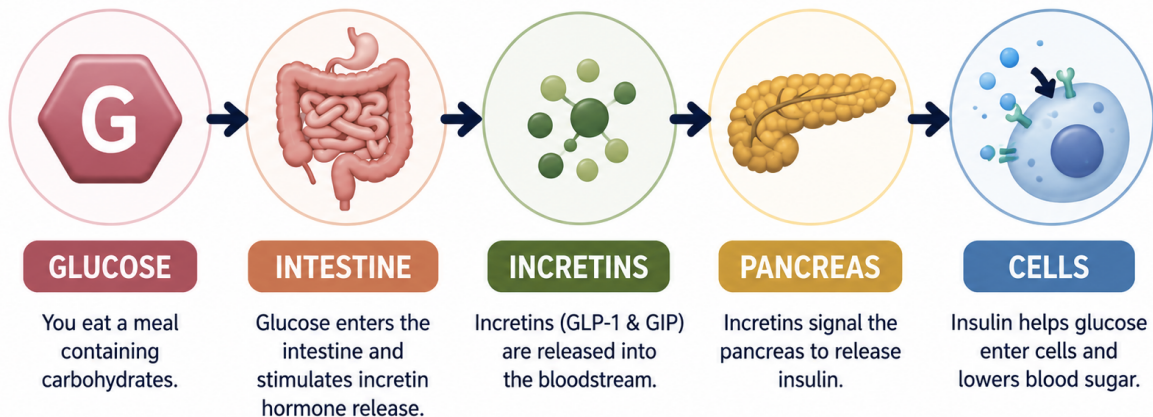
What I understand better now about a GLP-1 medication:



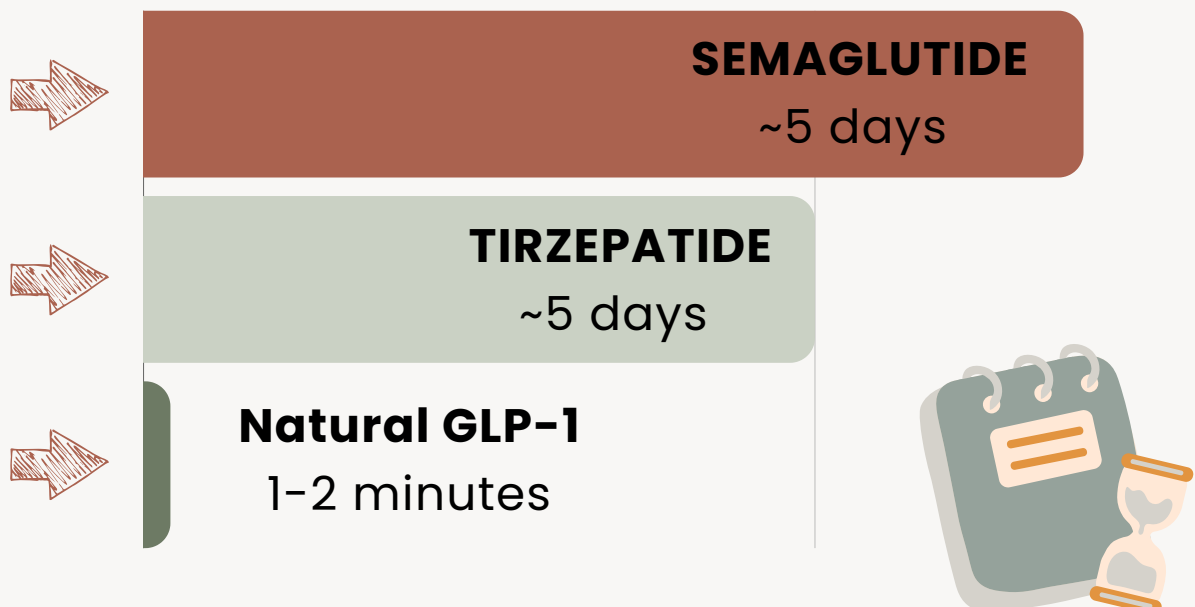
What I still need help understanding more:



➡ INCRETIN EFFECT



How Long do they Last?



RESPIRATORY QUOTIENT (RQ)



A window into your body's fuel source



$$RQ = VCO_2 / VO_2$$

The ratio of CO₂ produced to O₂ consumed.

RQ SCALE

0.70 – 0.80



FAT FUELING

Primarily burning fat.

0.85 – 1.00



MIXED FUELING

Using a mix of fat and carbs.

1.00 – 1.10



CARB FUELING

Primarily burning carbs.



**TIRZEPATIDE
LOWERS RQ**



Shifts your body toward burning more fat.



Supports fat loss and better metabolic health.

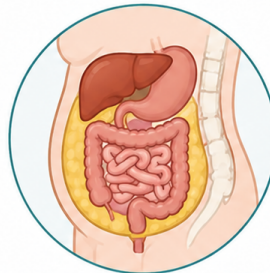
WHAT IS VISCERAL FAT?



The fat stored deep inside your abdomen, surrounding your organs.

WHERE IT IS

Surrounds vital organs like the liver, pancreas, and intestines.



WHY IT MATTERS

Excess visceral fat is linked to higher risk of heart disease, diabetes, high blood pressure, and other chronic conditions.

VS. SUBCUTANEOUS FAT



Stored under the skin. Less harmful to your health.

KEY TAKEAWAY



Losing visceral fat improves metabolic health and lowers disease risk.