

Navigating GLP-1 Medications

A Nutrition Centered Workbook

WCNT



Module 3:

Nourishment on GLP-1 Meds

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This part of the workbook focuses on:

- How to eat when your appetite changes.
- How to **manage side effects** without ignoring your body

This is where most people struggle.

Remember:

Eating less is not the same as being nourished.



3A | Appetite vs Nourishment

Goal: Build awareness

Check what feels true for you right now.



- | | |
|--------------------------|-----------------------------------|
| ☐ | I rarely feel hungry |
| ☐ | I get full very quickly |
| ☐ | Food doesn't sound appealing |
| ☐ | I stop eating after a few bites |
| ☐ | I feel "fine" eating very little |
| ☐ | I'm not sure if I'm eating enough |
| ☐ | I forget to eat |

Reflections:



When I say "I'm not hungry," what is **ACTUALLY** happening?

My answer: _____

Examples: *nausea - fullness - food aversion - distraction - avoidance*



What might my body still need even if hunger is low?

My answer: _____

3B | Signs You May Be Under-Fueled



important



Physical

- ☐ fatigue
- ☐ dizziness
- ☐ weakness
- ☐ shakiness
- ☐ constipation
- ☐ headaches
- ☐ cold sensitivity
- ☐ low stamina

Check Any that may Apply

Behavioral

- ☐ going long hours without eating
- ☐ eating very small portions only
- ☐ avoiding food due to symptoms
- ☐ feeling proud of eating less

Mental

- ☐ brain fog
- ☐ irritability
- ☐ low motivation
- ☐ anxiety around food
- ☐ rigid thinking

Reflections



Which of these signs have I been brushing off?

My answer: _____



If this was happening to someone I care about, what would I tell them?

My answer: _____

3C | Protein, Fiber, Fluids, & Electrolytes (The Big Four)



Focus on these

Protein

Easy options for me:

1. _____
2. _____
3. _____

Harder options for me:

1. _____
2. _____
3. _____

Fiber

Foods I can tolerate:

1. _____
2. _____
3. _____

Foods that feel hard right now:

1. _____
2. _____
3. _____

Fluids

Fluids I tolerate best:

1. _____
2. _____
3. _____

Ways to remember to drink more:

1. _____
2. _____
3. _____

Electrolytes

Easy ways I can add sodium/potassium on low-appetite days (e.g., broth, electrolyte packets, salted snacks):

1. _____
2. _____
3. _____

Reflections:



Which one (protein, fiber, fluids, or electrolytes) needs the MOST focus right now?

3D | Low Appetite Builder ➡ Think **small + doable**



Step 1: Protein _____

Step 2: Carb _____

Step 3: Add-on (fat/flavor/comfort)

Go - To Combinations:

Reflections:

What is the SMALLEST meal I can realistically eat on a hard day?

3E | Mechanical Eating Support ➡ When hunger isn't reliable, structure helps

Right now, my hunger feels:

- ☐ reliable _____
- ☐ inconsistent _____
- ☐ mostly absent _____

My minimum structure plan:

- Eat within _____ hours of waking
- Eat _____ times per day
- Include protein _____ times
- Drink fluids regularly

Reflections:

What gets in the way of structure? _____

What would make it easier? _____

3F | What to Eat When Nothing Sounds Good



Build your backup plan



Drinkable: _____

Cold Foods: _____

Small Starter Foods: _____

Reflections:

What's my "just start here" food? _____



3G | Takeaway

One Way I can support my nutrition this week: _____
