

Navigating GLP-1 Medications A Nutrition Centered Workbook

WCNT



Module 1

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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: _____

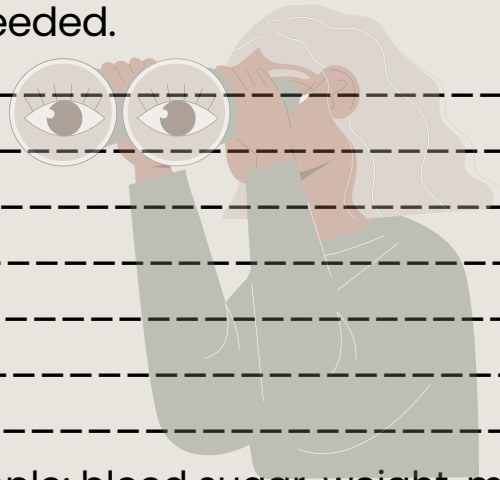
Prescriber: _____

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....

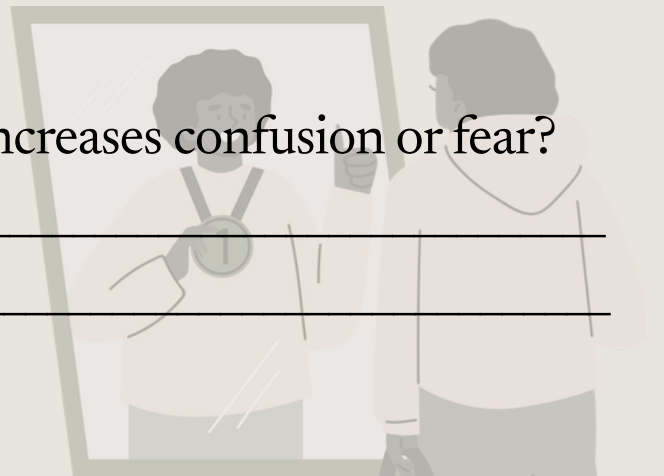
This medication is scary because....

This 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 off what applies (add your own if needed)

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 & FUNCTION

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

RELATIONSHIP WITH FOOD

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

Reflections

What feels helpful about the medication?

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

1D: Quick Clarity Reset

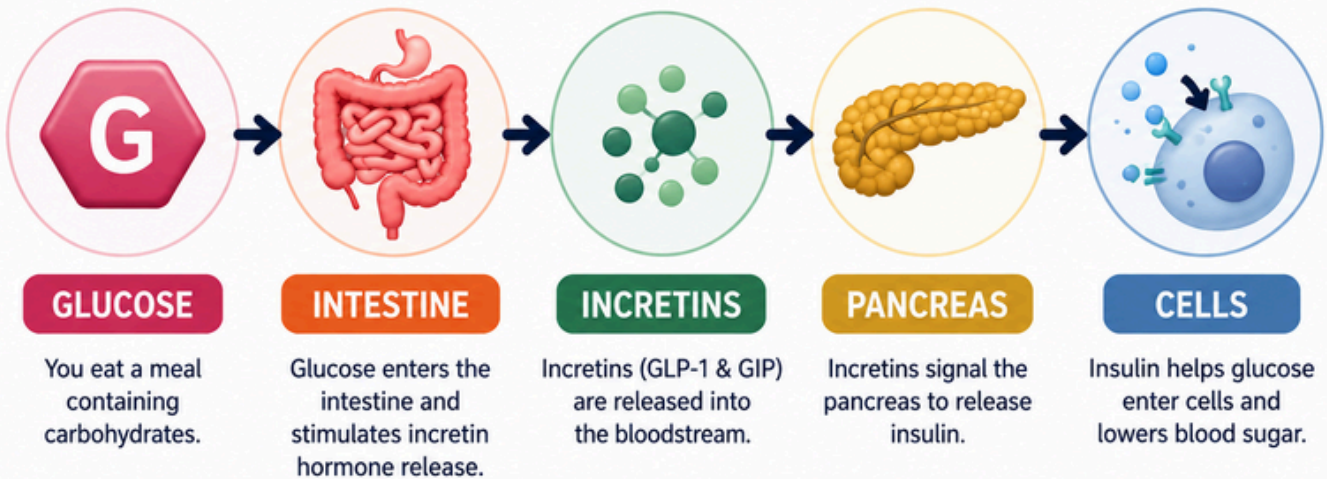
Finish these statements:

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

What I still need help understanding more:



≡ INCRETIN EFFECT ≡



≡ HOW LONG THEY LAST ≡



NATURAL GLP-1
1-2 MINUTES



TIRZEPATIDE
~5 DAYS



SEMAGLUTIDE
~7 DAYS

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

| | | |
|--|---|---|
| <p>0.70 - 0.80</p> | <p>0.85 - 1.00</p> | <p>1.00 - 1.10</p> |
| | | |
| <p>FAT FUELING Primarily burning fat.</p> | <p>MIXED FUELING Using a mix of fat and carbs.</p> | <p>CARB FUELING Primarily burning carbs.</p> |

TIRZEPATIDE LOWERS RQ

→

Shifts your body toward burning more fat.

Supports fat loss and better metabolic health.

WHAT IS VISCERAL FAT?

Visceral fat is 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.