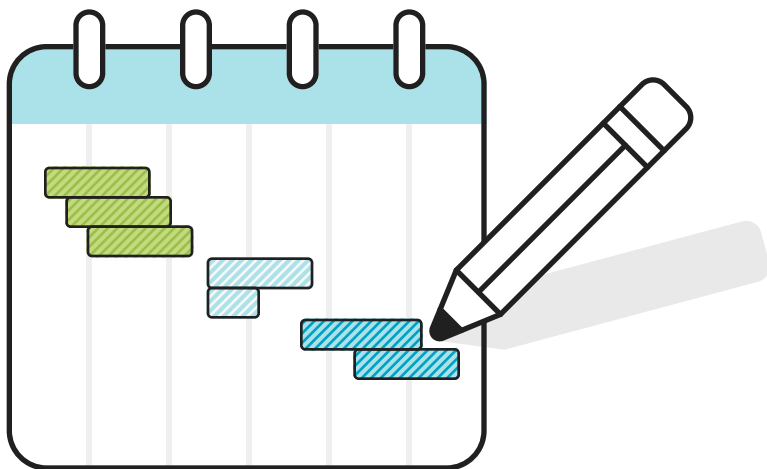


STARTING A GLP-1 TREATMENT PROGRAM

How to Plan and Prepare



GUIDE

2

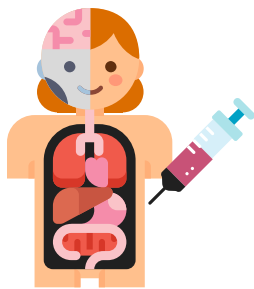
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This new lifestyle can be shocking, but we can prepare

The human body may concurrently experience dual stressors:

1



The first is biological, as it acclimates to medication.

2

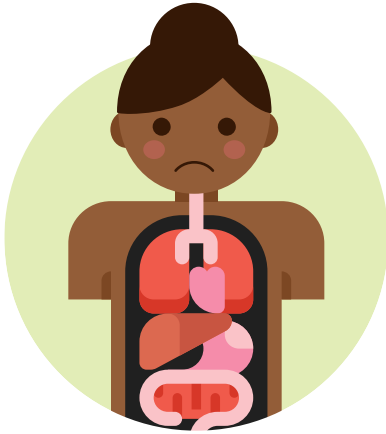


The second is a metabolic adjustment incurred by a reduction in caloric intake.

Both of these “shocks” give rise to accompanying side effects, compounding the potential for challenges. When experienced simultaneously, they can be quite difficult to manage. With planning and knowledge, some of the struggle might be alleviated.

Planning for potential side effects

Most common side effects:



- Nausea
- Vomiting
- Diarrhea
- Abdominal pain
- Constipation

How to prepare:

- Talk with doctor about nausea meds ahead of time.
- Have OTC anti-diarrhea medications on hand
- Consider having OTC simethicone (Gas-X) on hand for gas/burping
- Have appropriate foods in the house (more on next slide)
- If you have diabetes and check your blood sugar, have plenty of supplies in the house in order to prevent having low blood sugar.

Consult doctor first about any prescription or OTC medications

Foods to Have in the House

Foods high in fiber to help with diarrhea and to prevent constipation



Vegetables, fruit, whole grains
(brown rice, oatmeal, quinoa, etc),
beans, legumes, and nuts



Have plenty of foods that aren't
fatty and greasy (which can
worsen gastric problems)



Bland foods: bananas, rice,
applesauce, toast



Foods with high water content
like soups

How to prepare your body

Know your needs

Know your caloric needs for weight maintenance and weight loss.




It is important to **not starve** yourself because it can have long-term effects such as slower metabolism later on




Important to have a daily calorie and protein target

Calculating Daily Calorie Needs

Mifflin-St Jeor Equation




Men




(10 \times weight in kg)

+




(6.25 \times height in cm)

-




(5 \times age in years)

+ 5




Women




(10 \times weight in kg)

+




(6.25 \times height in cm)

-



(5 \times age in years)

- 161

 To find **kg**, divide weight in **pounds** by 2.2. To find **cm**, multiply height in **inches** times 2.54

Multiply your answer from the equation above by an activity factor:

Level of Activity	Factor
Bed rest (Bed ridden - Unconscious)	1.0 - 1.1
Sedentary (Little to no exercise)	1.2
Light exercise (1-3 days per week)	1.3
Moderate exercise (3-5 days per week)	1.5
Heavy exercise (6-7 days per week)	1.7
Very heavy exercise (twice per day, extra heavy workouts)	1.9

This is approximately how many calories you burn in a typical day. It is known as total daily energy expenditure (TDEE)

Calculating Daily Calorie Needs

Losing Weight



In order to lose weight, a calorie deficit must happen, but a calorie deficit that is too large may cause quick weight loss, fast, BUT ALMOST CERTAINLY will cause long-term problems like a slower metabolism in the future, weight regain, and possibly malnutrition.



It is not recommended to have calorie deficit of more than 500 calories per day.

Example: If your TDEE (Total Daily Energy Expenditure) is 1800, it is recommended to not go below 1300 calories per day with food intake.

What Should I Be Eating?

To avoid malnutrition, it's important to consume a balanced diet that provides essential nutrients your body needs for proper functioning.

This includes:



Protein



Carbohydrates



Fat



Fiber



Vitamins and Minerals



Water



Antioxidants



Iron



Calcium



Vitamin D



B-vitamins

What Should I Be Eating?



Protein

- Lean meats (chicken, turkey, lean cuts of beef)
 - Fish (salmon, tuna)
 - Eggs
 - Dairy products (milk, yogurt, cheese)
 - Plant-based sources (tofu, tempeh, beans, lentils, nuts)
- Minimum of 0.8 - 1 gram of protein per kg of body weight
 - 1.5 - 2 grams of protein per kg might help to preserve some muscle mass
 - Protein needs vary depending on medical conditions, age, gender, weight, and other factors
 - Most important is simply to incorporate nutritious proteins at different time, this does not need to be a high protein diet



Carbohydrates

- Whole grains (brown rice, quinoa, whole wheat bread)
- Oats
- Legumes (beans, lentils)
- Potatoes
- Fruits (especially those with low glycemic index)

What Should I Be Eating?



Fat

- In moderation: olive oil, canola oil, flax oil, nuts, nut butter, avocado, avocado oil, fatty fish (like salmon)



Fiber

- Whole grains
- Fruits
- Vegetables
- Legumes



Vitamins and Minerals

- Fruits and vegetables provide a wide range of vitamins and minerals, including vitamin C, vitamin A, vitamin K, potassium, and others.
- Dairy or fortified non-dairy milk can be a good source of calcium and vitamin D.
- Nuts and seeds are rich in magnesium, zinc, and vitamin E.
- Fish provides essential nutrients like omega-3 fatty acids.



Water

- Staying well-hydrated is crucial for overall health. Water helps transport nutrients, regulate body temperature, and support various bodily functions.

What Should I Be Eating?



Antioxidants

- Antioxidants like vitamin C and vitamin E can be found in fruits and vegetables and help protect your cells from damage.



Iron

- Include sources of iron such as lean meats, poultry, fish, and plant-based sources like beans and fortified cereals. Vitamin C-rich foods can enhance iron absorption.



Calcium

- Dairy products, fortified non-dairy milk, leafy greens, and almonds are good sources of calcium.



Vitamin D

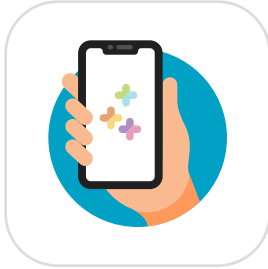
- Exposure to sunlight is a natural source of vitamin D. It's also found in fatty fish and fortified foods like milk and cereal.



B-vitamins

- B vitamins are found in a variety of foods, including whole grains, meat, dairy products, and leafy greens.

Healthi Can Help You Be Healthy



Use Healthi app



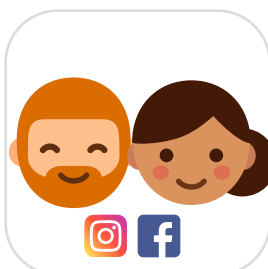
Attend HealthiCare Member Meetings



Listen to Healthi Podcasts



Engage with Healthi's Coaches and Community



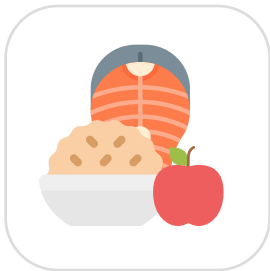
Follow Healthi and Healthi Coaches on Social Media
(Facebook and Instagram)

Consider Obstacles you Might Face



I'm just not hungry! How do I meet my calorie goal?

You may need to have smaller, more frequent meals. Think about how that would work with your schedule.



If I continue to struggle with adequate intake, what else could I do?

Have Nutrient-Dense Foods on hand: Focus on nutrient-dense foods that provide you with essential vitamins and minerals. Consider incorporating lean proteins, whole grains, vegetables, and fruits into your meals to ensure you're getting the nutrients you need. Healthy fats can help boost calories.

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