

GLP-1 & Diabetes Food Guide

Gentle on your stomach, steady on your blood sugar — built for people on GLP-1 medication.

KEY EATING HABITS

- 1 Eat protein first, then vegetables, then carbs
- 2 Take small bites and chew slowly
- 3 Stop at the first sign of fullness — you'll feel it faster now
- 4 Sip fluids between meals, not during
- 5 Avoid lying down right after eating
- 6 Eat 3 small meals instead of 1–2 large ones

GENTLE LEAN PROTEINS

- ☐ Eggs / egg whites
- ☐ Skinless chicken breast
- ☐ Turkey breast
- ☐ Baked or grilled fish
- ☐ Shrimp
- ☐ Tofu
- ☐ Cottage cheese
- ☐ Plain Greek-style yogurt
- ☐ Protein shake (low-sugar)

GENTLE, LOW-GI VEGETABLES

- ☐ Cooked carrots
- ☐ Steamed zucchini
- ☐ Boiled green beans
- ☐ Mashed cauliflower
- ☐ Cooked spinach
- ☐ Peeled cooked squash
- ☐ Well-cooked broccoli
- ☐ Soft sweet potato (small)
- ☐ Pureed / blended soups

GENTLE, LOW-GI FRUITS

- ☐ Ripe banana (small)
- ☐ Unsweetened applesauce
- ☐ Melon
- ☐ Peeled peach
- ☐ Canned pear (in juice)
- ☐ Berries (small portion)
- ☐ Ripe pear (peeled)

HYDRATION

- ☐ Water (sip throughout day)
- ☐ Herbal tea
- ☐ Clear broth
- ☐ Electrolyte drink (low-sugar)
- ☐ Decaf coffee (if tolerated)

Foods & Habits to Limit

These are more likely to trigger GLP-1 side effects or spike blood sugar.

HEAVY / GREASY FOODS

- × Fried foods
- × Fast food
- × Fatty cuts of meat
- × Heavy cream sauces
- × Excess butter / oil
- × Large, high-fat meals

SUGARY / HIGH-GI FOODS

- × Regular soda
- × Fruit juice
- × Candy & pastries
- × White bread / white rice
- × Sweetened cereal
- × Sweetened yogurt

DRINKS TO LIMIT

- × Alcohol
- × Carbonated drinks
- × Sugary coffee drinks
- × Energy drinks

IF THEY TRIGGER SYMPTOMS

- × Spicy foods
- × Very high-fiber raw veggies
- × Tough, chewy meats
- × Carbonated / fizzy foods

Contact your doctor if you experience persistent vomiting, severe abdominal pain, or signs of dehydration. Everyone tolerates GLP-1 medication differently — introduce new foods one at a time and track what works for you.