

# Eating Well on Weight Loss Medication

If you've been prescribed a GLP-1 medication like semaglutide or liraglutide to help manage weight gain from antipsychotics, this sheet explains how to eat in a way that supports the medication and your recovery.

*"GLP-1 medications reduce how much you want to eat - but what you eat still matters. Choosing the right foods, even in smaller amounts, makes the medication work better and helps you feel your best."*

## WHY THIS MATTERS WITH FEP

**GLP-1 medications are increasingly used to manage antipsychotic-induced weight gain**, and what you eat while taking them makes a significant difference to the results.

## MEDICATION REDUCES APPETITE — NOT NUTRIENTS

**Your body still needs protein, fiber, and fluids** even if you're eating much less than before. Smaller meals need to work harder.

## THE COMBINATION WORKS BETTER

**People who improve their eating habits while taking GLP-1 medication tend to lose more weight, feel better, and maintain their results for longer.**

## WHY NUTRITION STILL MATTERS

### MEDICATION REDUCES HOW MUCH YOU EAT, NOT WHAT YOU NEED

GLP-1 medications slow digestion and reduce appetite. But your body still needs protein, fiber, vitamins, and minerals. When you eat less, every meal needs to be more nutritious.

### BETTER EATING MEANS BETTER RESULTS

Evidence shows that combining GLP-1 medication with improved eating habits yields greater, more sustainable weight loss than medication alone. Food choices directly affect your outcomes.

### FOOD SUPPORTS YOUR WHOLE BODY

Weight-loss medication helps with weight loss, but nutrition also supports heart health, blood sugar, digestion, energy, mood, and focus. These matter during recovery from FEP.

### BUILD HABITS THAT LAST

If medication is stopped or changed, the eating habits you've built will help you maintain your results.

## SIMPLE TIPS FOR EATING WELL ON GLP-1S

### EAT SMALL, BALANCED MEALS REGULARLY

Even if portions are small, eating at regular times helps maintain energy and prevent blood sugar dips that can worsen mood and concentration.

### INCLUDE PROTEIN + FIBER AT MOST MEALS

Protein helps preserve muscle mass during weight loss. Fiber supports digestion and helps you feel full. Together, they make smaller meals more satisfying and effective.

### LISTEN TO FULLNESS CUES

GLP-1 medications help you feel full sooner. Eating slowly and stopping when satisfied, rather than finishing everything on the plate, aligns with how the medication works.

## KEY NUTRIENTS TO FOCUS ON

### PROTEIN — PROTECT YOUR MUSCLES

Weight loss can cause both muscle and fat loss. Eating enough protein helps prevent this. **Good sources:** eggs, meat, fish, tofu, beans, Greek yogurt, and lentils.

### FIBER — SUPPORT DIGESTION

Constipation is common with both antipsychotics and GLP-1 medications. Fiber keeps bowel movements regular. **Good sources:** fruits, vegetables, whole grains, beans.

### FLUIDS — ESSENTIAL THROUGHOUT THE DAY

Drink plenty of water throughout the day. Fluids help fiber work effectively, reduce constipation, and support the changes your body is going through on medication.

## NUTRIENT-DENSE FOOD CHOICES

**Protein:** Eggs, fish, chicken, tofu, beans, lentils, Greek yogurt

**Fiber:** Broccoli, carrots, apples, berries, oats, whole-wheat bread

**Both:** Lentils, chickpeas, edamame, quinoa, black beans

## KEY TAKEAWAYS

- ✓ What you eat still matters, even on weight loss medication
- ✓ Prioritize protein and fiber at every meal
- ✓ Eat small amounts regularly throughout the day
- ✓ Drink plenty of water to support digestion
- ✓ Talk to a dietitian for a plan tailored to your medication

**Healthy eating + medication = better results and better health.**