



Foods to Avoid on GLP-1s

Although **GLP-1s** can be a useful weight loss aid, it's still important to **monitor what you eat** while taking them. That said, there are a number of foods you may want to consider avoiding and incorporating into your diet, to maximize results and minimize negative side effects.

- Processed foods
- Food from restaurants
- Refined sugars
- Fatty foods
- Processed foods
- Large portions
- Foods to Incorporate into a GLP-1 Diet
- Protein (eat cold for digestion)
- Supplements, based on guidance from a dietitian
- Fiber

Read more about foods to avoid on GLP-1s at:

<https://www.womansworld.com/weight-loss/glp-1/foods-to-avoid-on-glp-1s>