

Nutritional Management of Adults with Diabetes on GLP-1 Therapy

Test Questions

1. Which of the following is not a role of incretin mimetics?
 - a. Increase fullness promoting decreased food intake
 - b. Inhibit insulin production by the pancreas
 - c. Slow digestion of food leaving the stomach
 - d. Decrease glucagon production by the pancreas
2. Which of the following statements regarding the impact of incretin therapy on muscle mass is false?
 - a. Aging, caloric restriction, physical inactivity and GI side effects all contribute to muscle loss.
 - b. Weight cycling and sarcopenia are risk factors when treatment is suboptimal leading to poor functional outcomes.
 - c. Incretin therapy can be associated with significant loss in lean mass, equivalent to a decade of aging.
 - d. All of the above statements are true.
3. What is the minimum amount of protein intake recommended for people with diabetes and obesity who are treated with incretin medications?
 - a. 0.8 g/kg/day – 0.9 g/kg/day
 - b. 1.2 – 2.2 g/kg/day when there are signs of existing sarcopenia
 - c. 25 – 30 g of protein per meal spread equally throughout the day
 - d. Both b and c are true
 - e. Both a and c are true
4. Which of the following nutritional recommendations will help support management of constipation during incretin therapy for people with diabetes living with Obesity?
 - a. Increase fluid intake to 1.5 – 2.0 L daily
 - b. Aim for 25 – 30 g of fiber daily
 - c. Initiate fiber supplements
 - d. A and B are recommended
 - e. A, B and C are recommended.
5. Integrating mental health support alongside nutrition guidance and weight management programs is vital to creating a balanced approach to health.
 - a. True
 - b. False
6. Identify 2 physical activity goals to support muscle health during obesity treatment
 - a. 150 minutes a week of moderate physical activity
 - b. Strength training activities at least 2 times a week
 - c. 10 minutes daily of an indoor or outdoor walk
 - d. Strength training activities at least 5 times a week

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