

# Optimizing Nutrition and Lifestyle Care for Patients on GLP 1 Therapies: Expert Consensus Insights

## Test Questions

1. Which of the following statements about nutrition and GLP-1 based therapies are false?
  - a. GI side effects, including nausea, vomiting and constipation are common during the start of GLP-1 based therapies. Preventing dehydration is especially important at this time.
  - b. Micronutrient deficiencies are not very common in patients taking GLP-1 based therapies.
  - c. Protein is an essential nutrient to help preserve muscle mass during the rapid weight loss, especially in adults  $\geq 60$ .
  - d. A well-balanced diet inclusive of whole grain carbohydrates, protein, fiber and a variety of fruits and vegetables will help to optimize intake of essential vitamins, minerals and other nutrients.
2. What is the recommended protein intake during the weight loss and weight maintenance phase for people using GLP-1 based therapy?
  - a. At least 0.8 grams/kg/day is adequate for both phases.
  - b. 1.2 grams of protein per kg daily should help maintain muscle, especially for patients at risk for sarcopenia.
  - c. 25 – 30 % of daily caloric intake, spread evenly throughout the day
  - d. Both b and c are true
  - e. Both a and c are true
3. Which of the following nutritional recommendations will help support management of constipation in people taking GLP-1 based therapy for weight management?
  - a. Increase fluid intake to 1.5 – 2.0 L daily.
  - b. Aim for 25 – 30 g of fiber daily.
  - c. Initiate fiber supplements to fill the fiber gap.
  - d. Consider adjusting the dose of the medication down and then resume titration when constipation improves.
  - e. All of the above are true.
4. Which of the following statements are true?
  - a. Aerobic exercise should be performed for a minimum of 20 minutes, 4 times a week.
  - b. Exercise should be individualized and include at least 150 minutes a week of aerobic and resistance training.
  - c. An exercise plan designed by the HCP should include 3 days a week lifting weights at the gym.
  - d. Strength training is optional if protein intake is adequate.

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