

Nutrition and Lifestyle Supportive Care for the Management of Obesity with GLP-1 Therapies: Expert Consensus Recommendations

Test Questions

1. Rapid weight loss during GLP-1 therapy can result in significant loss of lean muscle mass, with many studies reporting lean mass losses greater than 25% of total weight loss.
 - a. True
 - b. False
2. Which of the following nutrients have been identified as deficient or insufficient in people with obesity, including those taking GLP-1 medication?
 - a. Zinc, Iron and Selenium
 - b. Iron, Calcium and Vitamin D
 - c. Calcium, Zinc and Magnesium
 - d. B vitamins and vitamin K
3. What of the following nutritional strategies will help mitigate side effects of GLP-1 therapy?
 - a. Maintain hydration if diarrhea is problem.
 - b. Avoid dairy, caffeine and alcohol
 - c. If nausea is a problem, eat slowly, small portions and stop when full.
 - d. If constipation is a problem, consider fiber and fiber supplements plus fluids.
 - e. All of the above are true.
4. Data reveals that ____ % of weight regain occurs within 12 months of discontinuation of GLP-1 medications?
 - a. 33%
 - b. 50%
 - c. 66%
 - d. 75%
5. A 56-year-old female begins GLP-1 therapy after 2 unsuccessful attempts at losing weight with diet and exercise alone. Which of the following guidance should be part of her care plan? More than 1 may apply.
 - a. A plan that includes both aerobic exercise and resistance training – striving for 2-3 training sessions per week and 50 minutes of aerobic exercise 3 x a week.
 - b. Fiber rich foods and fiber supplements as needed to support regularity and help fill the fiber gap.
 - c. Protein intake of at least 1.2 g/kg/day during weight loss and 0.8 g/kg/day during weight loss maintenance.
 - d. Restrict fluid intake to help manage GI side effects.

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