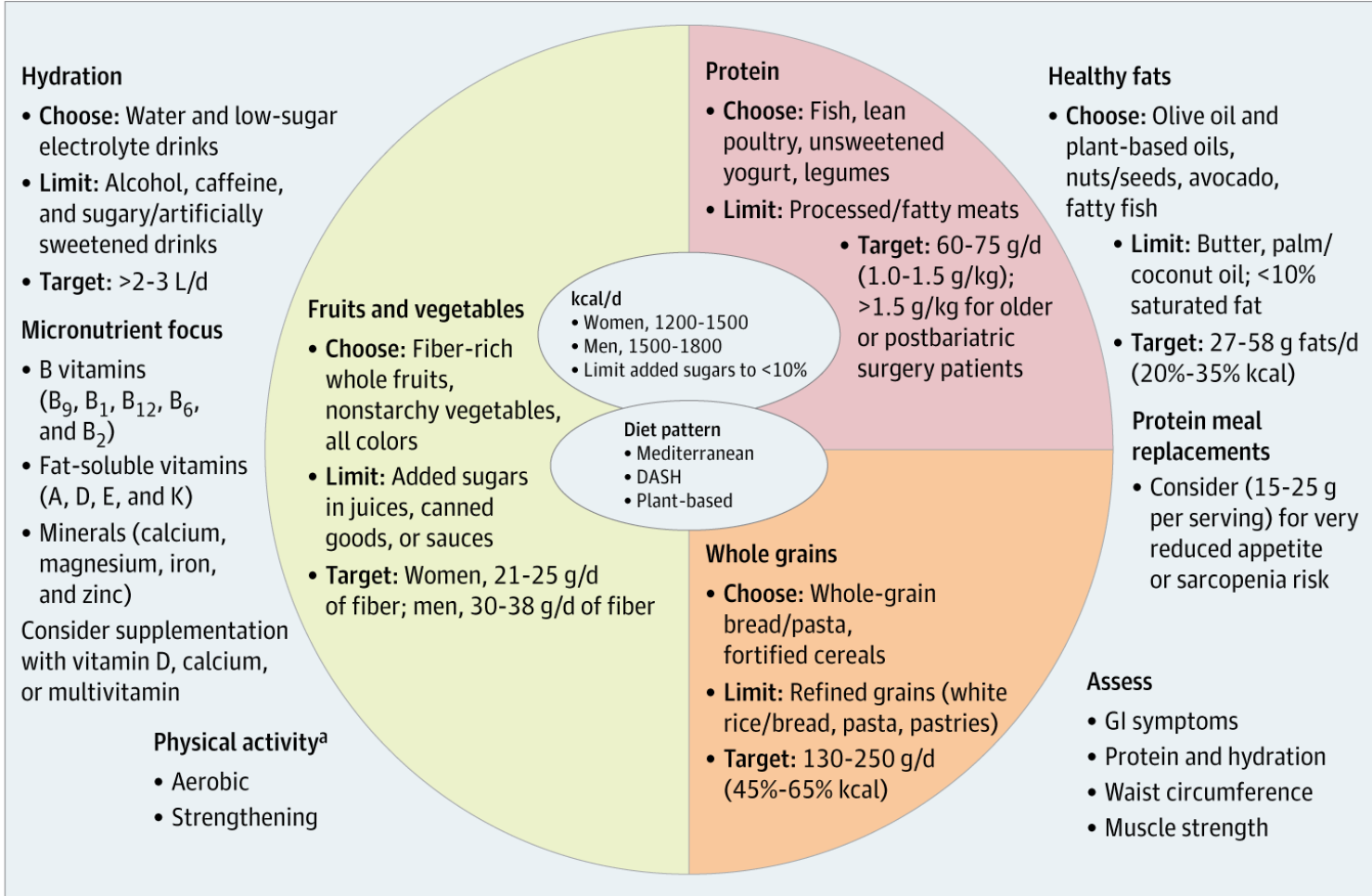


# From: Integrating Diet and Physical Activity When Prescribing GLP-1s—Lifestyle Factors Remain Crucial

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**Figure Legend:**  
Integrating Nutrition and Physical Activity with GLP-1 and Dual Receptor Agonist Therapy

Nutrition and physical activity recommendations for glucagon-like peptide-1 (GLP-1) and dual receptor agonist therapy are organized by category, including daily targets, preferred sources, and clinical considerations for appetite suppression, sarcopenia risk, and symptom management. DASH indicates Dietary Approaches to Stop Hypertension; GI, gastrointestinal.

<sup>a</sup>Energy needs vary based on activity level and individual factors. Consultation with a clinician or dietitian is recommended for personalized calorie targets.