## From: Integrating Diet and Physical Activity When Prescribing GLP-1s—Lifestyle Factors Remain Crucial JAMA Intern Med. Published online July 14, 2025. doi:10.1001/jamainternmed.2025.1794

Protein Hydration Healthy fats • Choose: Fish, lean • Choose: Water and low-sugar Choose: Olive oil and poultry, unsweetened electrolyte drinks plant-based oils, yogurt, legumes nuts/seeds, avocado, • Limit: Alcohol, caffeine, Limit: Processed/fatty meats fatty fish and sugary/artificially • Limit: Butter, palm/ sweetened drinks • Target: 60-75 g/d (1.0-1.5 g/kg);coconut oil: <10% • Target: >2-3 L/d kcal/d >1.5 g/kg for older saturated fat Fruits and vegetables • Women, 1200-1500 Micronutrient focus or postbariatric • Target: 27-58 g fats/d Choose: Fiber-rich Men, 1500-1800 surgery patients B vitamins • Limit added sugars to <10% (20%-35% kcal) whole fruits,  $(B_9, B_1, B_{12}, B_6,$ nonstarchy vegetables, Protein meal and  $B_2$ ) Diet pattern all colors Mediterranean replacements Fat-soluble vitamins • Limit: Added sugars DASH • Consider (15-25 g (A, D, E, and K) Plant-based in juices, canned per serving) for verv Minerals (calcium, goods, or sauces reduced appetite Whole grains magnesium, iron, • Target: Women, 21-25 q/d or sarcopenia risk and zinc) • Choose: Whole-grain of fiber; men, 30-38 q/d of fiber bread/pasta, Consider supplementation fortified cereals with vitamin D, calcium, Assess • Limit: Refined grains (white or multivitamin rice/bread, pasta, pastries) GI symptoms Physical activity<sup>a</sup> Protein and hydration • Target: 130-250 g/d Aerobic (45%-65% kcal) Waist circumference Strengthening Muscle strength

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.