

GLP-1 prescriptions have *quadrupled*.

Side effects, muscle preservation & protein-first meal planning.

*Built on **ESPEN · ADA · EASD · WHO**.*

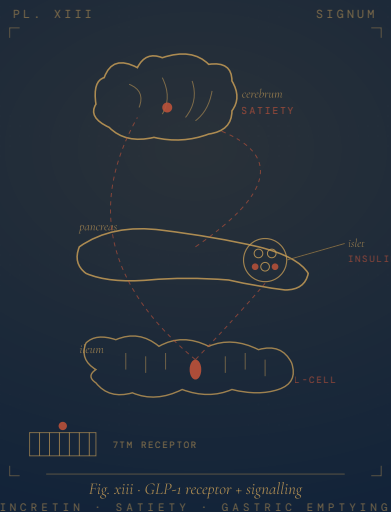
Inside this preview: the Clinical Guide cover, contents page and a chapter sample, the Patient Handout Pack cover and a handout sample, the Dietitian Referral Infographic cover, and a complete contents map of the full bundle.



SWIPE TO EXPLORE

A CLINICAL GUIDE

The *GLP-1* Nutrition Handbook



Contents

01 Understanding Incretin-Based Therapies

What are incretins · GLP-1 vs GIP/GLP-1 · Mechanism of action · Why dietitians matter

02 The Agents: A Clinical Comparison

Semaglutide · Tirzepatide · Liraglutide · Dulaglutide · Oral semaglutide · Dosing · Indications

03 Nutritional Side Effects & Management

Nausea · Vomiting · Diarrhoea · Constipation · Appetite suppression · GORD · Gastroparesis

04 The Muscle Preservation Crisis

Lean mass loss data · Sarcopenia risk · Protein requirements · Resistance exercise · Monitoring

05 Protein-First Meal Planning

Protein targets · Distribution · Food-first approach · Supplements · Meal structure · Sample plans

06 Micronutrient Monitoring & Deficiency Risk

Common deficiencies · Screening schedule · Supplementation guidance

07 Special Considerations

Diabetes + GLP-1 · Post-bariatric · Elderly · Pre-conception · Disordered eating · Discontinuation

08 Assessment & Documentation

09 Quick-Reference Cards

10 Case Studies

References & Abbreviations

CHAPTER 06

Micronutrient *Monitoring*

— ◆ —

When food volume collapses, deficiencies follow quietly. Iron, B₁₂, vitamin D, calcium, folate — what to screen, when, and how to replete.

Volume

Nº 13

VOL. Nº 13

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PATIENT HANDOUT PACK

The *GLP-1* Handout Pack

PL. XIII-P

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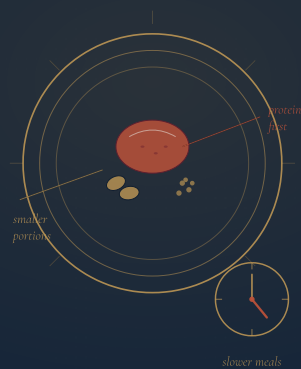


Fig. xiii-p - Eating well on GLP-1

PROTEIN-FIRST · SMALLER · SLOWER

Patient Handouts

01 Starting Your GLP-1 Medication: What to Expect

02 The Protein-First Eating Guide

03 Managing Nausea on Your Medication

04 Managing Constipation on Your Medication

05 Protecting Your Muscles During Weight Loss

06 Your Protein Tracking Sheet

07 High-Protein Food Reference Card

08 Smart Eating When You're Not Hungry

09 Hydration Guide

10 Exercise & Your Medication

11 What Happens When You Stop the Medication

12 GLP-1 Nutrition: Myths vs Facts

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A FREE INFOGRAPHIC

The Referral Pathway

PL. XIII-I

SYMBOLUM



The *Dietitian's* Vault

FIRST EDITION
2026

The *GLP-1* Nutrition Handbook

You have just previewed 6 pages. Below is what's in the full bundle.

PART ONE

Clinical Guide

10 CHAPTERS · ~65 PP

- Understanding incretin-based therapies
- The agents: a clinical comparison
- Nutritional side effects & management
- The muscle preservation crisis
- Protein-first meal planning
- Micronutrient monitoring & deficiency risk
- Special considerations
- Assessment & documentation · case studies

PART TWO

Patient Handout Pack

12 PRINT-READY
HANDOUTS

- Starting your GLP-1 medication
- The protein-first eating guide
- Managing nausea on your medication
- Managing constipation on your medication
- Protecting your muscles during weight loss
- Protein tracking sheet & high-protein reference card
- Smart eating when not hungry
- Hydration · exercise · what happens when you stop

PART THREE

Recipe Collection

35 PROTEIN-FIRST RECIPES

- Protein-packed breakfasts
- Quick protein lunches
- Small but mighty dinners
- Protein snacks · smoothies & shakes
- Nausea-friendly meals · batch-cook prep

Bonus included: *the Dietitian Referral Infographic — a one-page handover that GPs and endocrinologists can read in 30 seconds.*

\$89

Three handbook parts · single instant download

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