

# Nutrition Recommendations for People with Down syndrome Using GLP-1 Medications

GLP-1 medications can help with weight management and blood sugar control, but they can also reduce appetite and cause side effects like nausea, diarrhea, constipation, or bloating. The right nutrition plan helps support health, reduce side effects, and maintain strength.

## Eat a Variety of Healthy Foods



- ✓ Choose foods from all food groups every day:
  - Fruits and vegetables: Fresh, frozen, or canned in water. Aim for color and variety.
  - Whole grains: Brown rice, whole wheat bread, oatmeal.
  - Lean proteins: Chicken, fish, turkey, eggs, tofu, beans.
  - Dairy or dairy alternatives: Low-fat milk, yogurt, cheese, fortified soy milk.
- Limit: Processed snacks, fast food, sugary drinks, and foods high in fat or salt.



## ✓ Include Protein at Every Meal

Why it matters: Helps maintain muscle strength and keeps you full longer.

Examples: Eggs, cheese, yogurt, chicken, beans, fish, tofu, peanut butter.

Goal: Include a protein food at every meal and snack.



## ✓ Eat Small, Frequent, calorie dense Meals

Why it matters: These medications slow digestion, so big meals can cause nausea or bloating.

Tip: Try eating 4-6 small meals or snacks each day instead of 2-3 large meals.



## ✓ Choose Healthy, Colorful Foods

Why it matters: Appetite might be lower, so every bite counts.

Focus on:

- Fruits and vegetables (fresh, cooked, or frozen)
- Whole grains (oatmeal, brown rice, whole grain bread)
- Lean proteins and healthy fats (avocado, nuts, olive oil)



## ✓ Avoid Greasy or Fried Foods

Why it matters: These foods can make nausea worse.

Better choices: Grilled, baked, steamed, or roasted foods.



## ✓ Limit Sweets and Processed Snacks

Why it matters: These foods can cause blood sugar spikes and offer little nutrition.

Swap with: Fruit, whole-grain crackers, or Greek yogurt with berries.



## ✓ Keep Moving

Why it matters: Physical activity supports strength, balance, and energy.

Examples: Walks, dance, swimming, or group fitness activities.



## ✓ Drink Plenty of Water

- Why it matters: Staying hydrated helps prevent constipation and reduces side effects.
- Goal: Drink about 6-8 cups of water daily.
- Tip: Carry a water bottle and sip throughout the day.



## ✓ Take a Multivitamin

- Why it matters: Smaller portions might lead to low intake of vitamins and minerals.
- Tip: Ask your healthcare provider if a daily multivitamin is right for you.
- Monitor Vitamin D levels

## ✓ Ask your Doctor or Dietitian about:

- Multivitamins (especially for picky eaters)
- Monitoring for low thyroid, anemia, or Vit D deficiency
- Individualized nutrition plans

