Weighing in on GLP-1s and MS

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Haiku Nutritional Empowerment

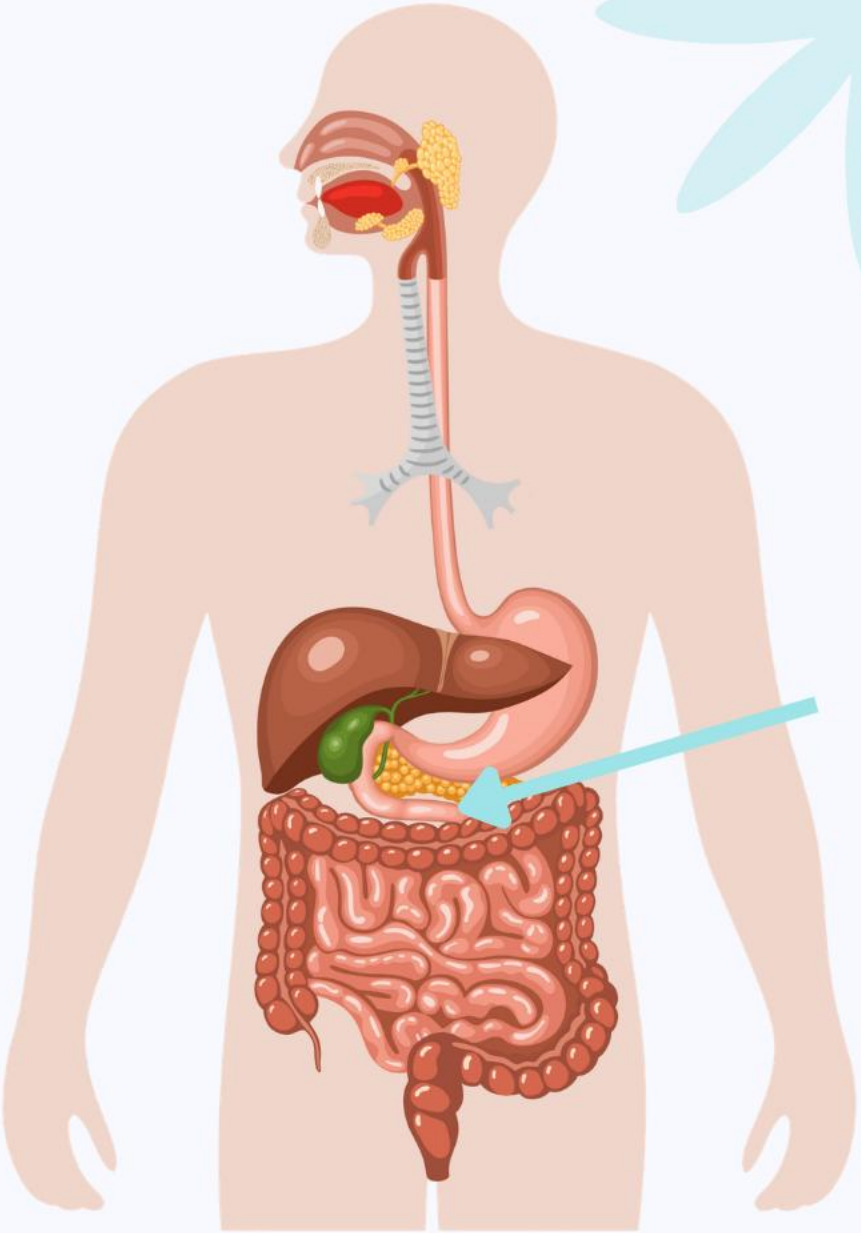
CAN DO MULTIPLE SCLEROSIS

What Are GLP-1s

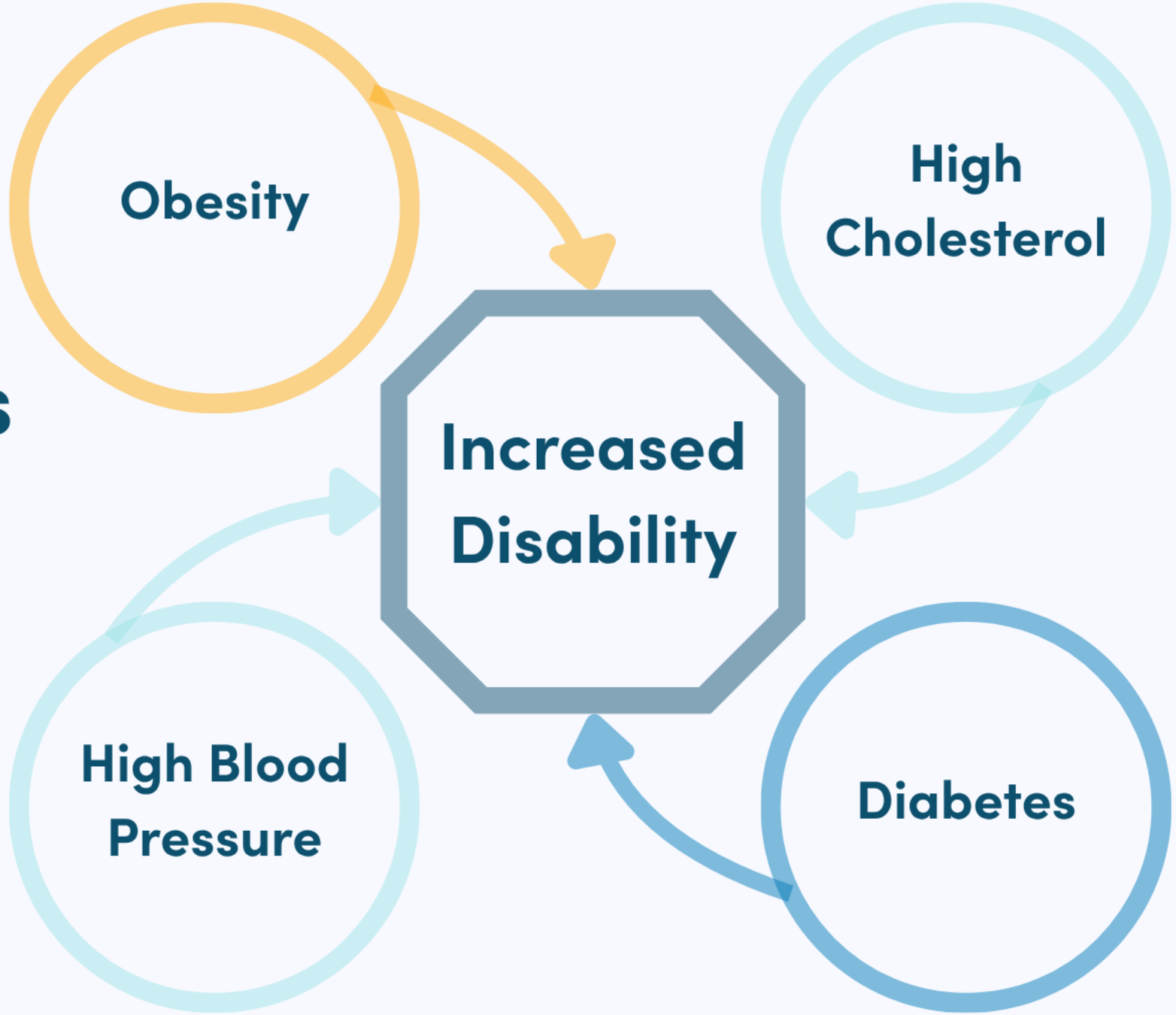
Hormones that are released from the intestines when food enters the body.

They help regulate blood sugar and hunger cues by:

- Signaling insulin release, reducing blood sugar
- Stopping glucagon release
- Slowing the release of food from the stomach, decreasing appetite
- Reducing “Food Noise” and cravings causing weight loss of 5%-20% over a 63-78 week period



Complications of MS



Foods That ↑ Natural GLP-1

High Fiber Foods

- Lower cholesterol levels by trapping cholesterol in the intestine
- Feed healthy gut bacteria that support the immune system and produce short-chain fatty acids that support brain function.
- Keep stool together, helping reduce diarrhea.
- With water, helps to move stool through the intestines, reducing constipation



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Foods That ↑ Natural GLP-1

High Fiber Foods

Women
21-25g
per day

Men
30-38g
per day


Whole grains


Vegetables


Fruits


Legumes


Nuts


Seeds

If needed, a fiber supplement

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Nutrition Facts

8 servings per container
Serving size **2/3 cup (55g)**

Amount per serving
Calories **230**

	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**13%**
Dietary Fiber 4g	**14%**
Total Sugars 12g	
Includes 10g Added Sugars	**20%**
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Foods That ↑ Natural GLP-1

Probiotics

- Add healthy bacteria to the gut, supporting immunity by crowding out harmful bacteria
- These healthy bacteria then produce short-chain fatty acids that support brain function and nerve health
- Look for live active cultures in the ingredients of these foods as some packaging processes can kill off the bacteria


Sauerkraut


Kimchi


Pickles


Yogurt


Kefir


Miso


Tamari


Aged Cheese


Kombucha



Sour Cream


Cottage Cheese


Tempeh


Buttermilk

Foods That ↑ Natural GLP-1

Fats

- Look for unsaturated fats when possible (liquid at room temperature)
    - These help lower LDL cholesterol levels and raise HDL cholesterol levels
- Fats contain more calories than other macronutrients like carbohydrates or proteins

NOTE

High-fat meals can cause an upset stomach and possibly make side effects like nausea or vomiting worse.

Unsaturated Fats



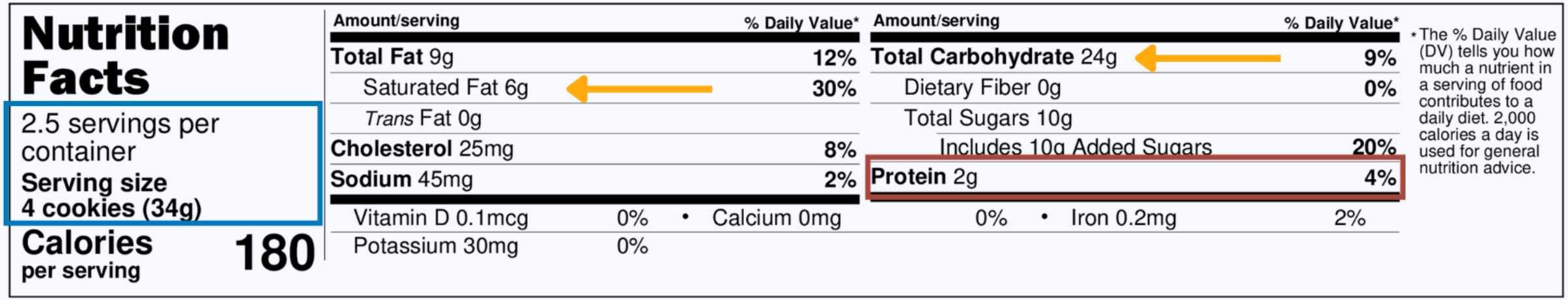
Saturated Fats



Foods That ↑ Natural GLP-1

Protein

- Protein replaces tissues like skin, muscle, and other organs and helps us to stay full longer
- Recommended amounts depend on your adjusted ideal body weight so talk to your dietitian or doctor for specific recommendations
- Increase protein in your diet (and exercise) while taking GLP-1s to help maintain muscle



Nutrition Facts

2.5 servings per container
Serving size
4 cookies (34g)

Calories per serving 180

Amount/serving	% Daily Value*
Total Fat 9g	**12%**
Saturated Fat 6g	**30%**
Trans Fat 0g	
Cholesterol 25mg	**8%**
Sodium 45mg	**2%**

Amount/serving	% Daily Value*
Total Carbohydrate 24g	**9%**
Dietary Fiber 0g	**0%**
Total Sugars 10g	
Includes 10g Added Sugars	**20%**
Protein 2g	**4%**

Vitamin D 0.1mcg	0%	Calcium 0mg	0%
Potassium 30mg	0%	Iron 0.2mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Types of Protein

High saturated fat, high protein



Beef



Pork



Chicken



Cheese

High carb, high protein



Rice



Beans



Lentils



Quinoa

Low saturated fat, low carb, high protein



Nuts



Eggs



Tofu



Seeds



Seafood

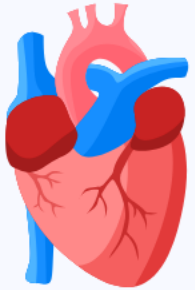
Are GLP-1s Safe for MS?



Current research shows they are safe to use with MS.



They may also have a neuroprotective effect and are being researched as a possible disease-modifying medication.



They reduce the risks that lead to increased disability, such as obesity, diabetes, and heart disease, reducing the risk of death from a major cardiac event.



Medication Concerns

You should avoid taking them if you have:

- A history of pancreatitis
- Pancreatic cancer
- Thyroid cancers
- A history of eating disorders

Nutrition Concerns

Possibility of disordered eating (intentional or unintentional)

Malnutrition: Because they suppress appetites by 16-39%, there is concern for malnutrition and nutrient deficiencies (Christensen, et al 2024). Just because your calories decrease doesn't mean your micronutrient needs decrease.

Side effects of GLP-1s that may worsen nutrient intake.

- Muscle loss: Loss of muscle and other fat-free masses of the body (heart)
- Nausea/Vomiting, making appetite suppression even worse, causing limited interest in food, but also limited absorption of nutrients
- Diarrhea/ Constipation, or both

Limit Side Effects

Malnutrition:

- Talk to your doctor about adjusting your dose
- Set a timer to eat regularly
- Prep meals (freezer or cooked) on days you feel well
- Prioritize nutrient-dense foods
- Make smoothies if eating is too difficult
- Take a multivitamin if needed



Limit Side Effects

Muscle Loss:

- Eating enough protein
- Strength training
- Don’t lose it too fast

Limit Side Effects

Nausea / Vomiting:

- Ginger (anything with real ginger in it)
- Smelling rubbing alcohol (briefly)
- Small frequent meals
- Avoiding high-fat meals

Limit Side Effects

Constipation:

- Adequate fiber (increase slowly)
- Drink enough water/fluids
- Walking/physical activity

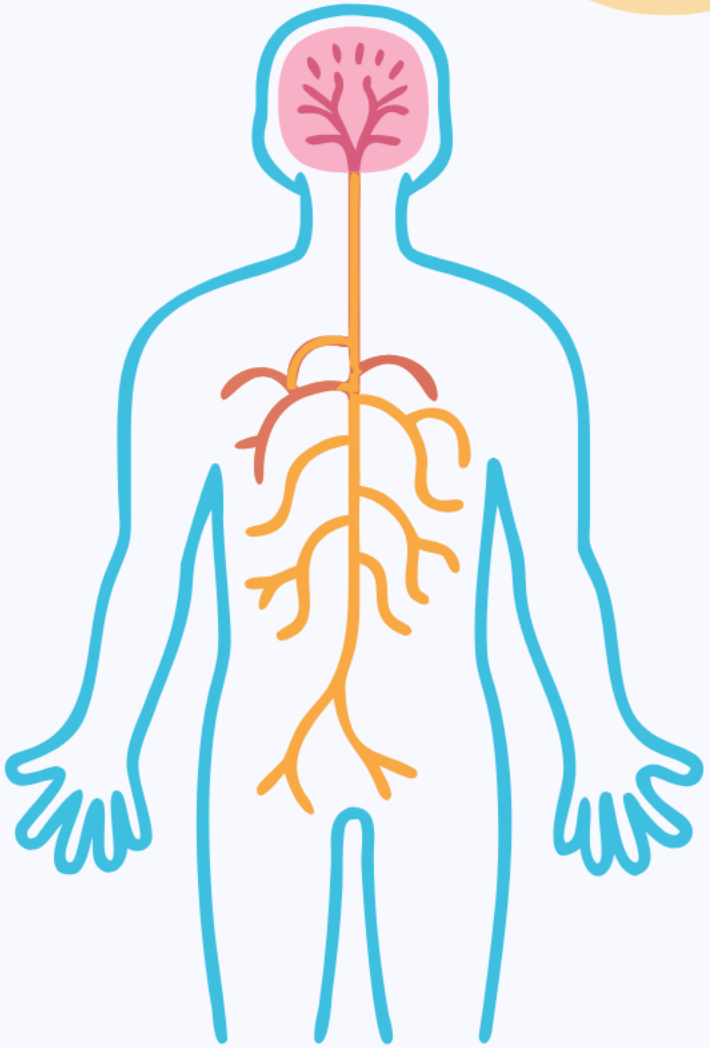


What Happens If I Stop Them?

- Weight is regained once medications are stopped; however, up to 25% of the weight lost remains off.
- Obesity is a chronic condition requiring long-term treatment.
- There is not enough research to show the neuroprotective effects after medication is stopped; however, any benefit related to reduced weight, insulin resistance, high blood sugar levels, and cardiovascular disease will be lost once weight is regained.

Upcoming Research in MS

- Possible neuroprotective effect
- Current research is examining the effects of GLP-1s as disease-modifying therapies to limit relapses (not guaranteed)
- Continued research is needed on the effects of GLP-1s in reducing long-term disability



Q&A