Fiber, Fluids & Fullness

Why They Matter on GLP-1s (and Beyond)

Lesson 3

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What We'll Cover In This Course

Lesson 1 | Understanding how GLP-1 medications work and why nutrition still matters.
Lesson 2 | Protein Power: Protecting Strength and Satiety
Lesson 3 | Fiber, Fluids & Fullness
Lesson 4 | Building Balanced Plates with Less Appetite: Macros 101
Lesson 5 | Blood Sugar Balance & Gentle Meal Planning
Lesson 6 | Managing Side Effects Through Food
Lesson 7 | Mindset Reset: Rethinking "All or Nothing"
Lesson 8 | Gut Health on GLP-1s
Lesson 9 | Hunger, Fullness & Rebuilding Body Trust
Lesson 10 | Emotional Eating
Lesson 11 | Transitioning Off GLP-1s
Lesson 12 | Sustainable Nutrition & Confidence for Life

Why Fiber Matters for Everyone

Only 7% of adults meet their fiber needs.

- Fiber supports:
  - Digestion & regularity
  - Heart health
  - Blood sugar and metabolic health
  - Satiety and Gastrointestinal health
  - Lower all-cause mortality

Proven Benefits of Fiber

What the research shows:

- ↓ constipation
- ↓ LDL cholesterol
- ↓ post-meal glucose spikes
- ↑ insulin sensitivity
- ↑ satiety
- ↓ long-term disease risk

There is emerging research on additional potential benefits of dietary fiber (e.g., colon health/cancer, immune function, hormone metabolism), but these areas are still being studied and are not as well-established.

Types of Fiber

Soluble Fiber:

- Forms a gel
- Supports blood sugar & motility
- Found in oats, beans, chia, flax, pears, berries

Insoluble Fiber:

- Adds bulk
- Supports regularity
- Found in vegetables, whole grains, nuts, seeds

There are no official gram targets for each type.
Balanced intake happens naturally through variety since most plant foods naturally contain both.

Soluble: ~8–12 g/day in a typical high fiber diet. We target soluble fiber for decreasing cholesterol.

Insoluble: ~18–22 g/day in a typical high fiber diet.

Fiber & The Microbiome: What We Know

Your gut microbiome is a community of microbes that help break down foods you can't digest on your own.

Fiber — especially fermentable fiber — is their primary food source.

When microbes ferment fiber, they produce short-chain fatty acids (SCFA), like butyrate.

SCFAs support:

- Gut barrier integrity
- Reduced inflammation in the colon
- Comfort & motility
- Blood sugar responses

What we don't claim:

- "detoxing"
- Miracle metabolism reset
- Instant mood changes
- "cure all" or "cause of all"

Constipation on GLP-1s: Why It Matters

Constipation is common on GLP-1s

What helps:

- Fiber + Fluids + Movement
- Increase fiber slowly (2–4 g/week).

Untreated constipation can lead to:

- Bloating & abdominal discomfort
- Nausea & reduced appetite
- Worsening fullness
- Poor nutrient intake
- Hemorrhoids or straining
- Can contribute to slower motility over time

Supporting regularity helps:

- Improve comfort
- Support medication tolerability
- Maintain appetite for balanced meals
- Reduce nausea
- Keep digestion moving

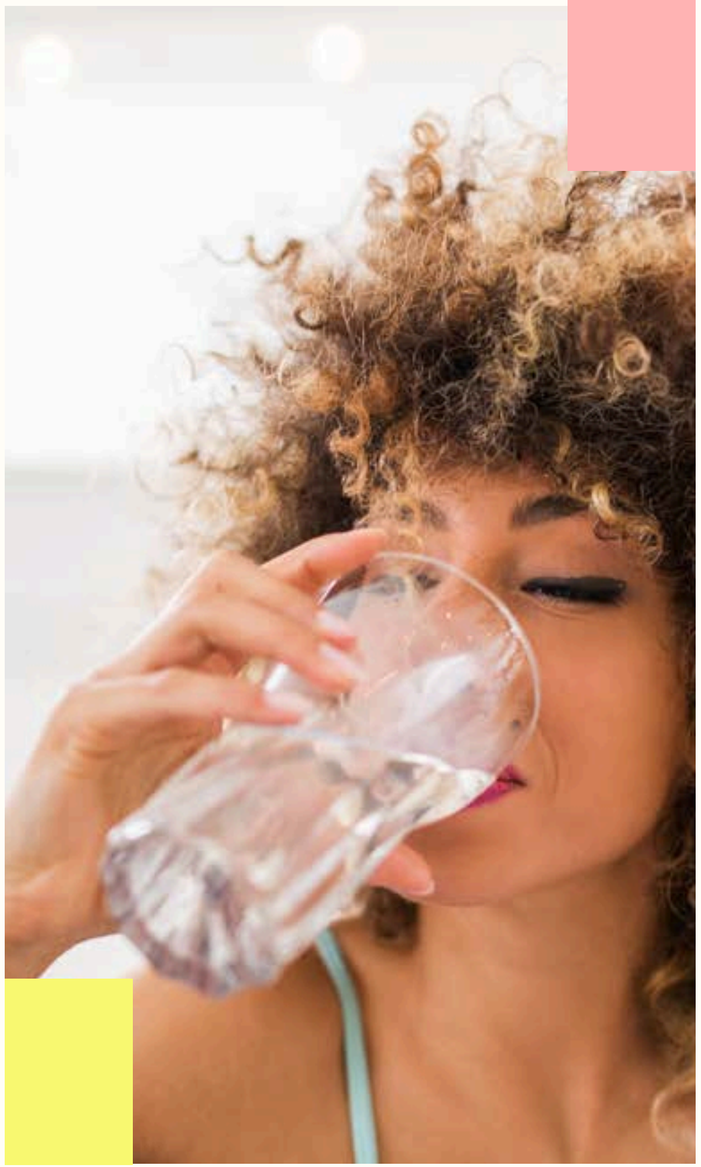
Fluids Matter

GLP-1s reduce appetite and thirst.

Hydration supports:

- Motility
- Fewer side effects
- Energy
- Comfortable fullness

- Aim for 1 glass water before meals
- Aim to drink 1 glass of water between meals



Practical Fiber Strategies

Add 2-4g at a time:

- Berries or pears
- Chia or flax
- Oats
- Veggies blended into soups
- Beans or lentils
- Avocado

Breakfast	Lunch	Dinner
Add berries in, on top or to the side	Top soup, salad, grain bowl, or sandwich with avoacdo	Add ¼ cup beans or lentils to your dinner

Your Action Steps This Week

Weekly Goal:

- Add 1–2 extra fiber-rich foods daily + drink water before meals.

Minimum Habit (busy days):

- Choose one:
- Add a fruit
- Add a fiber-rich carb
- Drink one extra glass of water

Weekly Goal = skill you practice this week

Minimum Habit= simpler version for busy days

GLP-1s reduce intake; nutrition protects health and function.

Embrace the Journey

Next Steps

Week 4 | Building Balanced Plates with Less Appetite: Macros 101

You’re not just eating less — you’re learning to nourish intentionally.

References

Ramezani 2024 (PMID 38011755) — higher fiber associated with lower all-cause & cardiovascular mortality; supports current intake targets
Reynolds 2019 (PMID 30638909) — meta-analysis linking fiber to improved glycemic control & cardiometabolic health
Brown 1999 (PMID 9925120) — soluble fiber reduces LDL cholesterol; foundational meta-analysis
Jovanovski 2018 (PMID 30239559) — psyllium (Plantago ovata) lowers LDL-C, non-HDL-C, and apoB; systematic review and meta-analysis of RCTs.
Ho 2016 (PMID 27724985) — oat β-glucan (viscous soluble fiber) lowers LDL-C, non-HDL-C, and apoB; systematic review and meta-analysis.
Silva 2013 (PMID 24180564) — higher fiber intake improves HbA1c & fasting glucose in T2D
Miketinas 2023 (PMID 36627816) — NHANES 2013–2018 analysis detailing usual dietary fiber intake in U.S. adults.
van der Schoot 2022 (PMID 35816465) — Systematic review/meta-analysis of RCTs showing fiber supplementation is effective at improving constipation.
Fu 2022 (PMID 36557760) — Narrative review on dietary fiber and gut microbiota in humans.
Oliver 2021 (PMID: 33727392) — The high-fiber diet intervention altered the gut microbiome of the study participants
McDonald 2018 (PMC5954204) — American Gut Project, plant diversity ↔ microbiome diversity
American Society for Nutrition press release based on NHANES 2013-2018: “Only 5% of men and 9% of women are getting the recommended daily amount of dietary fiber… fewer than 1 in 10 U.S. adults meet their daily recommendations.”