

NOURISHING GLP-1 DIETS WITH PECANS



Glucagon-like peptide- 1 (GLP-1) receptor agonists and dual incretin agonists are a class of medications that reduce food cravings and food noise, slow digestion, control blood sugar and make patients feel full on fewer calories. These medications are used as treatment for obesity and diabetes.

Because patients have a drastic reduction in calorie intake, quality nutrient dense calories matter more than ever before. For patients taking GLP-1 receptor agonists:



Make protein a priority to help maintain muscle and strength.



Choose small, nutrient-dense meals and snacks to get the most nutrition in every bite.



Focus on fiber-rich foods to support digestion and help minimize GI side effects.



Stay well hydrated by sipping fluids regularly throughout the day.

WHAT IS FOOD NOISE?

A new term that started after patients self-reported that GLP-1 medications made them stop thinking about food so often. The scientific community has now defined 'food noise' as heightened and/or persistent manifestations of food cue reactivity, often leading to food-related intrusive thoughts and maladaptive eating behaviors.

PROVEN POWER OF PECANS

Pecans support satiety thanks to their unique mix of nutrients.

PROTEIN

Pecans provide 3 grams of plant-based protein per serving.

UNSATURATED FATS

Pecans provide 18 grams of unsaturated fat per serving, including oleic acid – the primary fat found in olive oil, and only 2g of saturated fat.



POLYPHENOLS

Pecans have some of the highest concentration of polyphenols among common tree nuts.

DIETARY FIBER

Pecans are a good source of fiber, providing 11% of the daily value.



**A one-ounce serving of pecans contains 18g unsaturated fat and only 2g saturated fat.

**Data for antioxidant capacity of foods generated by test-tube methods cannot be extrapolated to human effects. Clinical trials to test benefits of dietary antioxidants have produced mixed results.

Serving size = 1 ounce or about 19 halves

DV = % Daily Value

Source: USDA National Nutrient Database for Standard Reference



PROVEN BENEFITS:

Eating tree nuts is associated with weight stability because of the impact on fullness and satiety.²

PECANS AND FULLNESS AFTER A MEAL:

A study of healthy young adults compared similar calorie meals (785 calories) that included pecans and no pecans. Participants who had the meal with pecans reported increased fullness, increased PYY, decreased ghrelin and appetite.²

PECANS AND SATIETY OVER TIME:

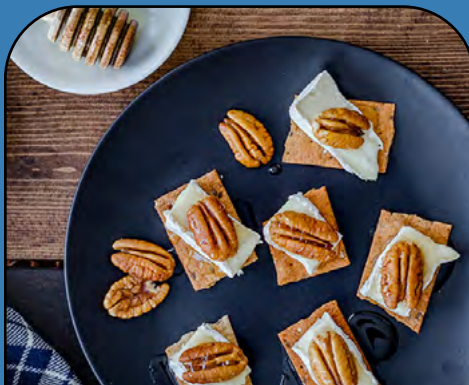
An 8-week randomized controlled trial assigned adults at risk of cardiovascular disease to a group who added pecans, substituted pecans or a no-nuts group. The group where nuts were added to the diet for 8 weeks reduced food consumption and desire to eat. Pecans increased post-meal cholecystokinin (CCK), peptide PYY (PYY) and reduced post-meal ghrelin.³

PECANS ARE A NUTRIENT DENSE MEAL OR SNACK ADDITION



PECAN CRUSTED SALMON WITH APPLE SLAW

Pair pecans with lean proteins for a meal with a protein punch.



PECAN BRIE HONEY CROSTINI

Pecans go well with whole grains and dairy for a well-rounded snack.



HONEY GINGER PECAN SNACK MIX

For a convenient, nutrient-rich snack, combine pecans with unsweetened dried fruit and other nuts— perfect for enjoying anywhere, anytime.

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