

Dr Susan Mitchell (00:35.675)

Are you afraid you'll backslide when you go off GLP-1s? Your appetite will return, you'll regain weight, and food noise will bother you? There's no need to backslide if you put into action the right plate, the right moves, and the right mindset. This is the winning trifecta to put into place to minimize your fears. Don't go anywhere today. I'll share how you can thrive after GLP-1s with smart eating, strong muscles, and a resilient mind.

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I'm bariatric dietitian, Dr. Susan Mitchell. You're listening to the Bariatric Surgery Success podcast. I'm happy you're here today. I hope you're doing great. It matters where you get your nutrition information. Here's what you need to know now. Today, I'm tackling a big question. What do you do after GLP-1s? Maybe you've reached your goal weight. Maybe your insurance stopped covering your prescription.

Maybe the side effects are ongoing and bothersome. Or maybe you simply decided it's time to stop. Whatever the reason, here's the truth. Stopping GLP-1s doesn't mean your progress has to stop too. But don't miss this. data found that many people gain two-thirds, did you get that? Two-thirds of their weight back within a year after they stop medication.

So it's critical to have a plan so you keep the weight off, you maximize your muscle mass while you minimize food noise and hunger. And here's the caveat. If you want to be sure you have continued success after GLP-1s, are you with me? Put into action this trifecta of the right plate, the right moves and the right mindset before, before

You go off the medications if at all possible because of the changes that start to happen very quickly. This plan is particularly important if your past struggles with weight loss make you doubt your ability to maintain without medication. You might be worried that the return of your appetite could be overwhelming and you don't have a safety net. Or you feel you lack the confidence to manage lifestyle changes long term.

These are all very valid feelings and why I want to help you to have strategies in place before you decide to go off the medication. If you've already stopped GLP-1s or a similar medication, put these strategies into action now. First, the right plate, nutrition. Food is now your frontline tool. Remember that your appetite is the natural physical sensation or the drive to eat, but food noise is different.

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It's constant intrusive thoughts about food. When you're taking GLP-1s, they suppress appetite by slowing down the speed at which food empties from the stomach. So you feel full a lot longer. Once you stop taking the medication, the rate at which food empties from the stomach speeds up and appetite starts to return. The hormone ghrelin, which is tied to hunger,

increases, which is another reason appetite also goes up. This is why consistent protein intake matters, and it matters a lot. Protein helps provide that feeling of fullness and appetite control that leaves when you stop GLP-1s. Consuming both an adequate amount of protein, and that's

80 to 120 grams could be more or in that range. You want to check with your bariatric dietitian or the dietitian you've been working with with the medications. And then you want to spread it throughout the day, every day. That's what fights against the appetite and food noise that may want to show their ugly heads. So think lean protein like chicken, fish, Greek yogurt, all the lean protein you've been enjoying. Also,

include as much fiber as possible for the feeling of fullness or satiety that it also provides along with the protein. That means add in high fiber veggies, beans, and fruit because fiber not only

plays a huge role in how full and satisfied you feel after a meal or a snack, but it fights against that big C constipation that can occur when your calories have been cut back.

So if you listen regularly to the podcast, you already know I push fluids. I'll remind you that when you eat more fiber foods, you must increase fluids or you're going to hate me. You're going to hate me because that fiber is going to feel like a concrete block in your colon. Fluid helps prevent that concrete block feeling of constipation. Don't forget, be sure and keep ultra processed carbs, high sugar foods,

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in check. They're easy to overeat once the medication isn't suppressing your appetite. They'll start calling your name again and if you don't have protein and fiber buffering that noise, you eat and you eat and you gain weight. Structured meals really help. When you eat on a schedule, you'll have fewer cravings. So think about and get in place those structured meals.

Let me add accountability and sense of control cannot be overlooked. If you're using an app like Baritastic or MyFitnessPal, or Lose it. They're all good apps. If they work for you, they keep you accountable. Start again, if you're not doing them now, before you go off the meds. If charting what you eat doesn't help you or you just don't like doing it or you do it a day or two and then you kind of fall off, get with a dietician.

or in a dietitian-led group designed for bariatric surgery or GLP-1s. There's nothing wrong with having support that is daily and ongoing. Notice that, ongoing, it's so important. Everyone needs support in different areas of life. It's okay. Give yourself permission and find that right dietitian or group. It's a smart strategy.

And you can find both free groups and paid groups. It really depends on how much personal attention and individual consultation that you desire and that you feel you need. Second, the right moves, fitness. Another big reason to focus on protein is for muscle mass preservation. Without adequate protein and exercise, you're at risk for muscle loss. And when weight gain, re-happens or

when weight regain happens. Let me start this again, starting with second. Second, the right moves, fitness. Another big reason to focus on protein is for muscle mass preservation. Without adequate protein and exercise, you're at risk for muscle loss.

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When rate regain happens, it's not normally muscle, you regain fat mass. And this is not what you want. GLPs may have helped with the scale, but they don't build strength. That's on you. The single best insurance policy for keeping weight off, muscle. Muscle doesn't just happen because you eat protein. It requires regular and ongoing resistance training.

Just two to three sessions a week can help reshape your body and increase your muscle mass, rev up your metabolism and give you the stamina you need for daily life. Coming up in a few weeks on the podcast, bariatric sports dietitian, Kim Tirapelli will join me. She's gonna go in depth on resistance training and its impact on muscle maintenance and weight regain while on GLPs and then after you stop them.

Resistance training is even more important than protein intake in stimulating muscle growth and preventing muscle loss. You do not want to miss what she has to say. Third, mental health and mindset. That's the glue that holds everything together. Without the appetite suppression from the medication, you'll notice that hunger come back. Here's where the strategies like

mindful eating, managing stress, setting realistic goals, along with dealing with mental health issues all come into play. It's not about perfection, never has been and it never will be. It's about consistency and self-compassion. Seek counseling before you go off the meds if you're concerned about issues that held you back in the past and that you may not have resolved. Your mindset.

can be hurt and haunted by these unsettled matters. So here's your three-part action plan to start before you stop the meds. Build structured meals around protein and fiber. Strength train at least twice a week. And work through mental health issues and get the counseling you need to have a healthy outlook as you go forward. GLPs are a tool.

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Surgery is a tool, but long-term success comes from picking up strong, positive habits. As you put the GLP tool down, that's where real change continues to happen. So here's what I want you to think about this week. You're multitasking, come back to me. Are you thinking about going off of your GLP-1s? Have you already stopped them? Focus on you now.

Put into action this trifecta of the right plate, nutrition, the right moves, fitness, and the right mindset of mental health before you go off the medications, if at all possible. You are worth it.