



Canned Beans are Nature's Powerhouse for GLP-1 Support

Nearly 12% of adults in the United States have used GLP-1 agonist drugs, according to a recent RAND report.¹ This translates to roughly one in eight adults. By learning about the mechanisms of GLP-1, individuals can better understand how diet impacts the body's natural GLP-1 production as well as manage side effects and optimize outcomes while taking GLP-1 medications. As subject matter experts, Registered Dietitian Nutritionists play a critical role in patient education.

Dietary fiber can augment the effect of GLP-1 medications, stimulating the body's natural GLP-1 production, improving blood sugar control, and aiding appetite suppression. You know this to be true, but your clients, readers, and followers may not.

Here's how you can explain it to them.

DIETARY FIBER:



Increases GLP-1 Levels

Fiber is broken down in the gut by bacteria. When this happens, it produces short-chain fatty acids.² These fatty acids stimulate cells in the intestine that release a hormone known as GLP-1.³ Increasing GLP-1 levels naturally can potentially enhance the effects of GLP-1 medications, which mimic the action of this hormone.⁴



Improves Glucose Control

Increased GLP-1 can lead to better blood glucose control by stimulating insulin release and slowing down glucose absorption.⁵



Suppresses Appetite

Fiber, along with protein, has been shown to suppress appetite.⁶ Incorporating more fiber and protein-rich foods into the diet may amplify the impact of GLP-1 medications.⁴

HIGH-FIBER, HIGH-IMPACT

While fiber may be best known for its ability to help people avoid constipation, the benefits of this nutrient go well beyond regularity. Crucial for digestive health, satiety, and overall well-being, fiber can help with weight management and lower the risk of diabetes, heart disease, and some types of cancer. Most adults don't eat enough fiber. In fact, the Dietary Guidelines for Americans, 2020-2025, recommends 14 grams of fiber for every 1,000 calories consumed.⁷ This equates to approximately 25 grams per day for women and 28 grams for men. However, many people in the US only consume around 16 grams per day. Beans, an excellent source of fiber, can help meet these requirements.⁸ Canned beans make adding more fiber convenient, affordable, and delicious.

Due to their nutrient density, legumes, such as beans, are beneficial for everyone, but particularly for patients taking GLP-1 medications, in part because they help alleviate common side effects experienced by people taking these drugs.

FOR EXAMPLE, BEANS:



Promote Regularity

Due to their fiber content, legumes, including beans, can help promote regularity and alleviate the common side effect of constipation.⁹



Prevent Muscle Loss

During weight loss, protein keeps the body from losing muscle instead of fat.⁹ As a rich source of protein,¹⁰ beans are an excellent addition to a healthy diet, especially for patients using GLP-1 medications.



Fill Nutrient Gaps

Beans contain more than plant protein and fiber. They provide folate, potassium, iron, and zinc—nutrients that may be lacking in the diets of those taking GLP-1 medications.⁸

CANNED BEANS. OPEN THE POSSIBILITIES.

Remember to include canned beans in your dietary recommendations.



Visit **cannedbeans.org** for more information and for tools and resources to support your efforts.



1. Bozick, R, Donofry, S, Rancano, K. (2025). New Weight Loss Drugs: GLP-1 Agonist Use and Side Effects in the United States.RAND. https://www.rand.org/pubs/research_reports/RRA4153-1.html
2. Facchin S, Bertin L, Bonazzi E, Lorenzon G, De Barba C, Barberio B, Zingone F, Maniero D, Scarpa M, Ruffolo C, Angriman I, Savarino EV. Short-Chain Fatty Acids and Human Health: From Metabolic Pathways to Current Therapeutic Implications. Life (Basel). 2024 Apr 26;14(5):559. doi: 10.3390/life14050559. PMID: 38792581; PMCID: PMC11122327.
3. Tolhurst G, Reimann F, Gribble FM. Nutritional regulation of glucagon-like peptide-1 secretion. J Physiol. 2009 Jan 15;587(1):27-32. doi: 10.1113/jphysiol.2008.164012. Epub 2008 Nov 10. PMID: 19001044; PMCID: PMC2670019.
4. Fujiwara Y, Eguchi S, Murayama H, et al. Relationship between diet/exercise and pharmacotherapy to enhance the GLP-1 levels in type 2 diabetes. Endocrinol Diab Metab. 2019; 2:e00068. <https://doi.org/10.1002/edm2.68>
5. Nadkarni P, Cheppumy OG, Holz GG. Regulation of glucose homeostasis by GLP-1. Prog Mol Biol Transl Sci. 2014;121:23-65. doi: 10.1016/B978-0-12-800101-1.00002-8. PMID: 24373234; PMCID: PMC4159612.
6. Lucy Chambers, Keri McCrickerd, Martin R. Yeomans, Optimising foods for satiety, Trends in Food Science & Technology, Volume 41, Issue 2, 2015, Pages 149-160, ISSN 0924-2244, <https://doi.org/10.1016/j.tifs.2014.10.007>.
7. U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020–2025. 9th Edition. December 2020.
8. MyPlate.gov | Beans, peas, and lentils. (n.d.). <https://www.myplate.gov/eat-healthy/protein-foods/beans-peas-lentils>
9. Mozaffarian D, Agarwal M, Aggarwal M, Alexander L, Apovian CM, Bindlish S, Bonnet J, Butsch WS, Christensen S, Gnanos E, Gulati M, Gupta A, Horn D, Kane RM, Saluja J, Samdhi D, Fatima Cody S, Callahan EA. Nutritional Priorities to Support GLP-1 Therapy for Obesity: A Joint Advisory From the American College of Lifestyle Medicine, the American Society for Nutrition, the Obesity Medicine Association, and the Obesity Society. Am J Lifestyle Med. 2025 May 30;1558276251344827. doi: 10.1177/1558276251344827. Epub ahead of print. PMID: 40452755; PMCID: PMC12125019.
10. U.S. Department of Agriculture, Agricultural Research Service, Beltsville Human Nutrition Research Center. FoodData Central. [Internet]. [cited March 6, 2025]. Available from <https://fdc.nal.usda.gov>.