

Create a lifestyle that lasts.

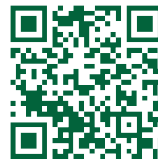
Find foods and more items throughout the store that can help you on your GLP-1 weight loss journey.



Navigate nutrition with confidence.

Publix offers delicious foods that can support you on your GLP-1 weight loss journey. Use this brochure as a tool to discover them! On the following pages, you'll find detailed information provided by our registered dietitians. You can use the overview of each department to spark ideas for your shopping list at a glance, then learn more about the benefits of each item in the detailed sections.

Have nutrition questions?
Email publix.dietitian@publix.com.



Scan to view products and savings.

Pharmacy

Our pharmacists are here for you.

Publix pharmacists are highly accessible healthcare professionals, available for consultations and support throughout your wellness journey. In addition to filling your prescriptions, they can provide the following:

- Expert guidance and counseling to keep you on track for better overall wellness
- Personalized medication reviews
- Advice on drug side effects and interactions
- General nutritional advice
- Self-care tips to keep you feeling your best

Your GLP-1 needs.

Ask your pharmacist to identify the supplies you need from the following list:

- Pen needles for some injectable GLP-1 medications
- Alcohol prep pads for cleaning the injection site
- Sharps container for safe disposal of used needles and pens
- Bandages or adhesive strips if needed after injection

- Pen needles
- Alcohol prep pads
- Sharps container
- Bandages or adhesive strips

Deli

Grab and go.

Choose from convenient grab-and-go options for snacks, lunches, and dinners.

Easy proteins.

Add any of these to your favorite salads, tacos, quinoa bowls, or lettuce wraps for a quick meal:

- Deli oven-roasted chicken (skin removed)
- Baked chicken tenders
- Chicken or tuna salad

Snacks.

We offer convenient, portioned cups of your favorite dips.

- Pair a portioned hummus cup with fresh vegetables.
- Pair a portioned guacamole cup with fresh vegetables or whole grain crackers, lean deli meat, and cheese.

Make your sub a salad.

Did you know that you can ask to turn any of our subs into a salad? The Deli associates at our sub counter are happy to do this for you!

- Grab-and-go options
- Deli oven-roasted chicken
- Baked chicken tenders
- Chicken and tuna salad
- Dips
 - Hummus
 - Guacamole
- Lean deli meat
- Cheese
- Custom salads from our sub counter

Grocery & Frozen Foods

Protein-packed pantry staples.

- Canned proteins such as tuna, chicken, and beans are shelf-stable and versatile.
- You can find protein-fortified options in instant mashed potatoes, bagels, and even ice cream! Just remember that serving size and plate balance still matter. Whey protein may help stimulate GLP-1 secretion most,¹ but any protein source is a win.

Fiber and functional carbs.

- Choose alternative flour products such as chickpea or lentil pasta for a boost in both protein and fiber.
- Cereals, oatmeal, and cereal bars often contain added fiber and protein. Check the packaging for nutrient callouts and to make sure the item is low in sugar.
- Try frozen grains such as quinoa, cauliflower rice, or brown rice for easy sides that contain fiber. Quinoa offers both fiber and protein, making it a versatile choice.

Fruits, vegetables, and phytochemicals.

- Opt for canned fruits packed in juice with no added sugar and vegetables with low or no added salt.
- Dried fruits such as apples and cranberries contain phytochemicals such as quercetin, which may support GLP-1 production.² Look for “No sugar added” on the label.
- Unsweetened frozen fruit makes a naturally sweet treat. Pair with a portion of dark chocolate chips for a satisfying snack.

Hydration and functional beverages.

- Look for electrolyte-enhanced drinks to help replenish fluids.
- We also offer protein-fortified beverages such as shelf-stable coffees, sports drinks, and waters. Be mindful of added sugars when making your selection.

Digestion-friendly choices.

Taking a GLP-1 medication may slow digestion,³ so it may help to choose foods that are:

- Lower in fat
- Less spicy
- Low in added sugars

- Canned tuna and chicken
- Canned beans
- Protein-fortified items such as instant mashed potatoes, bagels, and even ice cream
- Chickpea and lentil pasta
- Whole grain cereal, oatmeal, and cereal bars with added fiber and/or protein
- Frozen grains such as quinoa, cauliflower rice, and brown rice
- Canned fruits packed in juice with no added sugar and vegetables with low or no added salt
- Dried fruits with no sugar added
- Unsweetened frozen fruit
- Dark chocolate chips
- Electrolyte-enhanced drinks
- Protein-fortified beverages

Produce

Nourishment from fiber.

Adequate fiber intake is essential to support gut health. Three servings of vegetables and two servings of fruit are recommended per day.⁴ Aim for 25–29 grams of fiber per day in your diet.⁵

Fresh flavor.

Fresh herbs and spices can boost flavor in your meals, which is especially helpful if you aim to reduce your intake of additives. Here's another tip: If you are experiencing nausea as a side effect of your GLP-1 medication, try adding fresh ginger to meals or steeping it in tea.

Prebiotics and probiotics.

This department offers a variety of fresh produce and fermented options, such as kimchi, kombucha, and pickled vegetables, that provide both prebiotics (which feed good gut bacteria) and probiotics (live beneficial bacteria).

Plant-based proteins.

You'll find plant-based proteins, such as tofu, and nondairy cheeses here.

Save time in the kitchen.

Look for precut fruits and vegetables, including air fryer-ready options.

- Fresh herbs and spices
- Fermented options
 - Kimchi
 - Kombucha
 - Pickled vegetables
- Plant-based proteins
- Nondairy cheeses
- Precut fruits and vegetables

Health & Beauty Care

GLP-1 medications may lead to insufficient intake of vitamin D, calcium, vitamin B12, and iron. Taking vitamins and/or minerals may help.⁶

In this department, you'll also find nutritional supplements such as the following:

- Hydration powders
- Fiber supplements
- Protein powders and collagen

It is important to consult your healthcare provider before starting any supplement.

- Vitamins and minerals
- Nutritional supplements

Meat

Lean meats as a source of protein.

Protein is an important food group to include to maintain muscle mass. Make sure to pair protein with carbohydrates at every meal and snack. Our Meat department offers a variety of lean meats such as the following:

- Chicken breast
- Turkey breast
- Lean ground beef
- Pork tenderloin

A small, 3-oz cooked hamburger or chicken breast is the size of a deck of cards and provides approximately 21 grams of protein.⁷ In general, this is a good reference for a serving size. Remember, optimal protein intake is based on your individual needs, so it is important to ask your healthcare provider or dietitian how much protein is needed to meet your nutritional goals.

Need a smaller portion? We have you covered.

You can ask one of our Meat associates to split the package into portions that suit your meal plan.

- Chicken breast
- Turkey breast
- Lean ground beef
- Pork tenderloin

Seafood

Get the fish you wish.

We offer both fresh seafood and frozen seafood. Here are just a few of the varieties you'll find here:

- Salmon
- Tuna
- Shrimp
- Cod
- Tilapia

A small, 3-oz cooked fish fillet is about the size of a cell phone. This is a good reference for a serving size. One 3-oz serving of fish can provide 16–21 grams of protein.⁸

Need a quick meal? We have you covered.

You can ask one of our Seafood associates to steam the fish of your choice. This way, you'll arrive home with a ready-to-eat protein to pair with your vegetables and carbohydrates.

- Fresh and frozen options
- Salmon
- Tuna
- Shrimp
- Cod
- Tilapia

Dairy & Eggs

Calcium and protein.

Calcium is essential for strong bones and overall health. Recommended daily calcium intake is three servings per day as part of a 2,000-calorie diet.⁹

Dairy foods such as milk and cottage cheese provide calcium as well as protein, potassium, and vitamin D.¹⁰ Some dairy foods also offer probiotics for gut health.

Eggs supply complete protein and choline, an essential nutrient for brain and liver function.¹¹

Enjoy yogurt?

To reduce sugar intake, look for plain, no-sugar-added Greek yogurt. This has more protein than regular yogurt. You can add fresh berries and a little honey to sweeten. Alternatively, choose yogurts with separated fruit mix-ins to control the level of sweetness.

Prefer alternatives?

You'll also find plant-based milks and plant-based yogurts here.

- Milk
- Cottage cheese
- Greek yogurt
- Yogurt with separated fruit mix-ins
- Plant-based milk
- Plant-based yogurt
- Eggs

Bakery

The right bread for you.

This department offers 100% whole wheat bread, which is a source of fiber, vitamins, and minerals to support your nutritional needs.

Mindful indulgence.

Look for small, portioned sweets, such as mini muffins and tarts, on displays and in refrigerated areas throughout the Bakery.

- 100% whole wheat bread
- Small, portioned sweets

Resources

Better Choice shelf tags.

Using the latest scientific research, including the USDA *Dietary Guidelines for Americans, 2025–2030*, Publix registered dietitian nutritionists have compared groups of similar products, like cereal, for example. The green Better Choice shelf tags identify items that have more of the nutrients you need, like fiber, and less of the things you don't need, like saturated fat, added sodium, and added sugar.

Building a meal.

For each complete meal, we recommend that you choose a protein, a nonstarchy vegetable, and a whole grain carbohydrate. Here are some examples of easy meals:

- Deli oven-roasted chicken with quick-cooking brown rice and steamed broccoli
- Salmon cutlets from our Seafood case with air fryer veggies from Produce and steam-in-bag brown rice from the Frozen Foods aisle
- Deli grab-and-go salad, Deli baked chicken tenders, and balsamic vinegar as a dressing paired with a slice of 100% whole wheat bread from the Bakery
- Quick-cooking quinoa topped with a black bean burger patty from the frozen aisle and your favorite salad greens

The diabetes plate method.

Whether or not you are living with diabetes, this method can help you create a balanced meal that prioritizes protein and fiber while controlling carbohydrate intake.¹² It is especially helpful when you don't have food labels handy, such as when you are not eating at home.

To use this method, simply divide your plate into three sections using these proportions:

- 1/2 nonstarchy vegetables
- 1/4 protein
- 1/4 carbohydrates

Blood pressure checks.

Remember to check your blood pressure at every visit using our HIGI machine.

Snack solutions.

Choose a carbohydrate for energy and pair with a protein for increased satiety and nutrients. Here are some examples:

- A small apple and a cheese stick
- A half cup of cottage cheese topped with salsa and served with your favorite tortilla chips or bell peppers for dipping
- Hummus from the Deli paired with your favorite veggies
- Use your favorite reduced-sodium deli meat such as lean turkey or lean roast beef to create a roll-up with fillings such as cheese, spinach, or sliced veggies

Support for GLP-1 patients.

Your Publix Pharmacist can do the following for you:

- Recommend over-the-counter options to help prevent and remedy common side effects such as constipation, nausea, diarrhea, vomiting, and bloating
- Provide training to help self-administer injectable prescriptions
- Provide vaccination guidance by recommending and advising on eligible vaccines

Savings at our pharmacy.

We make it simple to save on medications in the following ways:

- We accept most major insurance plans.
- Our Discount Finder helps you easily find savings on most prescriptions at Publix Pharmacy. Find it on the Publix Pharmacy app or at publix.com/rxsavings, or ask a pharmacy associate.
- If your out-of-pocket prescription costs are high, a pharmacy associate can help you find a program that may cover the costs of brand-name drugs for patients with commercial insurance. These programs might utilize coupons, a prepaid debit card, or direct-to-patient rebates from the manufacturer.

¹Antonello E. Rigamonti, Roberto Leoncini, Alessandra De Col, et al., "The Appetite-Suppressant and GLP-1-Stimulating Effects of Whey Proteins in Obese Subjects Are Associated with Increased Circulating Levels of Specific Amino Acids," in "Amino Acids and Health Effects," ed. Yoshiharu Shimomura, special issue, *Nutrients* 12, no. 3 (2020): 775, <https://doi.org/10.3390/nu12030775>.

²Tohru Hiru, Aphichat Trakooncharoenvit, Hayate Taguchi, and Hiroshi Hara, "Improvement of Glucose Tolerance by Food Factors Having Glucagon-Like Peptide-1 Releasing Activity," in "The Effect of Phytochemicals and Food Bioactive Compounds on Diabetes," ed. Kazumi Yagasaki, special issue, *International Journal of Molecular Sciences* 22, no. 12 (2021): 6623, <https://doi.org/10.3390/ijms22126623>.

³"GLP-1 Agonists," Cleveland Clinic, last updated July 3, 2023, <https://my.clevelandclinic.org/health/treatments/13901-glp-1-agonists>.

⁴U.S. Department of Agriculture (USDA) and U.S. Department of Health and Human Services, *The Scientific Foundation for the Dietary Guidelines for Americans, 2025–2030*, 22, https://cdn.realfood.gov/Scientific%20Report_1.8.26.pdf.

⁵USDA, *Scientific Foundation*, 20.

⁶Dariush Mozaffarian, Monica Agarwal, Monica Aggarwal, et al., "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," *American Journal of Lifestyle Medicine*, ahead of print, May 30, 2025, <https://doi.org/10.1177/15598276251344827>.

⁷"Protein in Diet," MedlinePlus, National Library of Medicine, last updated March 24, 2026, <https://medlineplus.gov/ency/article/002467.htm>.

⁸"Protein in Diet," MedlinePlus.

⁹USDA, *Scientific Foundation*, 36.

¹⁰USDA, *Scientific Foundation*, 39.

¹¹USDA, *Scientific Foundation*, 39.

¹²"Nutrition for Life: Diabetes Plate Method," American Diabetes Association, accessed June 8, 2026, https://professional.diabetes.org/sites/dpro/files/2023-12/pe23_plan_your_plate_v_0.pdf.