



GLP-1 Nutritional Solutions

Nourishing the unique dietary needs
of GLP-1 consumers

Obesity is not only a daily burden for individuals; in recent years, it has ballooned into a public health crisis.

One in eight globally,¹ and nearly half of U.S. adults (41.9%),² are living with obesity today. It's a chronic condition with potential long-term consequences — including diabetes, heart disease and increased cancer risk.

People seeking a healthier weight are increasingly turning to medications such as glucagon-like peptide-1 (GLP-1) receptor agonists, which were developed to influence insulin secretion, but can also suppress appetite. Originally developed to manage type-2 diabetes, GLP-1s have also been FDA-approved for chronic weight management.

700% In the past four years, GLP-1 prescriptions for non-diabetic patients have multiplied by more than 700%.³

Metabolic changes with GLP-1 treatment can contribute to nutritional gaps, adverse symptoms and discomfort. Cargill offers comprehensive solutions to support these unique dietary needs at every stage of consumers' weight loss and nutritional journey.

Targeted nutritional solutions, during & after GLP-1 treatment



Promote gastrointestinal health: Slowdown in gastric motility and reduced thirst can prompt GI complaints, which may lead to premature treatment cessation.⁴



Maintain muscle mass: Weight loss can often lead to loss of lean body mass, leaving users concerned about muscle volume, health and function.



Deliver hydration: GLP-1 can suppress feelings of thirst and result in reduced fluid intake.^{5,6}



Promote satiety: GLP-1 users report reduced food cravings. Post-treatment, when food cues return, it's important to manage calorie consumption and positive nutrition.



Maintain weight loss: As the biological drive to lose weight subsides, positive nutrition can support a stable, maintainable body weight.



All the ingredients for GLP-1-supporting nutrition.

Research shows that users of GLP-1-based weight-loss medications are making positive choices: 65% indicated that they ate healthier foods after starting the medication.⁷

Collaborate with Cargill to become a valued partner in the consumer experience. Leverage our unmatched portfolio of ingredients, backed by targeted formulation expertise to bring new ideas to market faster.



CARGILL PRODUCTS

Promote gastrointestinal (GI) health



Fibers

Dietary fibers may contribute to a healthy digestive system when consumed at recommended amounts. Soluble fibers feed beneficial bacteria in the gut, promoting a healthy microbiome; while insoluble fiber helps to promote regularity.

- Soluble corn fiber
- Resistant starch

GLP-1 Formulation Benefits:
GLP-1 medication has potential gastrointestinal side effects. Regular fiber intake can support the digestive process.

Maintain muscle mass



Proteins

Proteins can help maintain muscle mass during weight loss. They may support muscle preservation and repair when consumed at recommended amounts. High-quality protein, consumed at optimal amounts, provides the essential amino acids necessary for muscle repair and maintenance.

- PURIS® pea proteins
- Prolia® soy flour
- Prosanté® textured soy flour

GLP-1 Formulation Benefits:
A diet containing balanced essential nutrients, including adequate protein (within caloric limits), plus physical activity, can aid in muscle maintenance and complement weight management efforts.

Deliver hydration



Salts / Electrolytes

Salts, particularly electrolytes, play a crucial role in hydration by helping the body balance its fluid levels. Salts help the body absorb water more effectively, particularly in the intestines.

- Potassium chloride
- Potassium citrate
- Sodium citrate
- Sea salt
- Pink Himalayan salt

GLP-1 Formulation Benefits:
Hydration is critical, impacting every part of the digestive process.

Promote satiety



Fibers

Fibers help to provide satiety by decreasing feelings of hunger, which helps control appetite and may contribute to feeling full longer. Soluble fiber forms a gel-like substance in the stomach that promotes fullness and helps manage cravings.

- Soluble corn fiber

GLP-1 Formulation Benefits:

GLP-1 users who experience increased feelings of satiety (or fullness) may adhere to smaller portion sizes.

Proteins

Protein is generally known to reduce feelings of hunger and reduce the urge to eat, supporting weight management efforts (within caloric limits).

- PURIS® pea proteins
- Prolia® soy flour
- Prosanté® textured soy flour

GLP-1 Formulation Benefits:

People who experience increased feelings of satiety (or fullness) may consume smaller portion sizes and may maintain a healthy eating pattern.

Maintain weight loss



Fibers

Fiber can reduce energy intake — and as a result, can be a valuable aid in maintaining weight loss within nutritional needs.

- Soluble corn fiber
- Resistant starch

GLP-1 Formulation Benefits:

Consuming dietary fiber can help GLP-1 users reduce excess calories throughout the day, displacing added sugars and other refined carbohydrates.

Proteins

Proteins play a significant role in maintaining weight loss by supporting satiety and preserving muscle mass. Higher-protein diets have been associated with better weight loss, while helping to preserve lean tissue.

- PURIS® pea proteins
- Prolia® soy flour
- Prosanté® textured soy flour

GLP-1 Formulation Benefits:

For GLP-1 users seeking to manage their weight, quality protein dispersed evenly throughout the day may promote better muscle maintenance during weight loss, although additional study is needed specific to people taking these medications.

Sweeteners

Reduced- and zero-calorie sweeteners can help support weight-loss maintenance by allowing individuals to enjoy sweetness without added calories from sugar. They can help control overall caloric intake and manage blood sugar levels.

- EverSweet® stevia sweetener
- EverSweet® stevia sweetener + ClearFlo® natural flavor
- ViaTech® stevia sweetener
- Zerosé® erythritol
- Xtend® sucramalt

GLP-1 Formulation Benefits:

Incorporating non-nutritive sweeteners in moderation can be a helpful tool, allowing GLP-1 users to enjoy sweet flavors (within caloric limits) without compromising their health goals.

Cargill’s industry-leading ingredient portfolio also includes solutions for taste, texture, emulsification, stability and custom systems targeting specific health objectives.

Capture the opportunities in the growing weight wellness market.

Contact your Cargill representative or visit cargill.com/specialized-nutrition.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. EverSweet® is a product of Avansya, a joint venture of Cargill and dsm-firmenich. PURIS® Pea Protein is a trademark of PURIS Foods, a Cargill strategic partner. Some Cargill products are only approved for use in certain geographies, end uses and/or at certain usage levels. It is the customer’s responsibility to determine for a particular geography that (i) the Cargill product, its use and usage levels; (ii) the customer’s product and its use, and (iii) any claims made about the customer’s product all comply with applicable laws and regulations.

SOURCES:
1 World Health Organization (WHO). “Obesity and Overweight Fact Sheet.” March 2024.
2 CDC.gov. “Adult Obesity Facts.” May 2024.
3 The BMJ. “GLP-1 Agonists: US Sees 700% Increase Over Four Years in Number of Patients Without Diabetes Starting Treatment.” 386:q1645. July 23, 2024.
4 Paccou, et al. The Lancet; Diabetes & Endocrinology. 2024. Neeland, et al. Diabetes, Obesity and Metabolism. 2024;26(Suppl. 4):16–27.
5 Kommu & Berg. Obesity Reviews. 2024;25:e13792.
6 Almandoz, et al. Obesity. 2024.
7 “AMC Global and OpinionRoute Consumer Study Reveals Impact of GLP-1 Weight Loss Drugs on Food Choices.”

