



How GLP-1 Medications and Appetite Control Are Reshaping Diet Culture

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Medications that mimic the hormone Glucagon-like peptide-1 (GLP-1) are rapidly changing the dialogue around weight, appetite, and the modern diet culture. Drugs such as Ozempic, Wegovy, and Mounjaro were originally developed to treat diabetes type 2, but they are now widely used for weight management because of their powerful effects on hunger and fullness.

GLP-1 is a natural hormone produced in the gut after eating. It signals the brain that you have eaten, thus slowing down stomach emptying, and helps regulate blood sugar levels. GLP-1 medications mimic these signals, allowing people to feel satisfied with smaller portions and experience fewer persistent cravings. For decades, diet culture has framed appetite as a matter of willpower. People struggling with weight were often told to eat less and control cravings, implying that hunger was something that could simply

be ignored or controlled. Today, GLP-1 medications are challenging that narrative by emphasizing that appetite is not just psychological, rather it is deeply biological.

When appetite-regulating hormones are dysregulated due to genetics, metabolic health, stress, sleep disruption, or ultra-processed diets, hunger signals can become difficult to manage. GLP-1 medications demonstrate that when these signals are supported, eating patterns can be changed. Many people report

that the constant “food noise” in their heads can be quieted for the first time in their lives.

This shift has broader implications for diet culture. It suggests that weight management is not just a matter of discipline, but instead a complex interaction between hormones, environment, metabolism, and behavior. As this understanding continues to grow, the conversation around weight may gradually move away from blame and more towards biology.

However, GLP-1 medications



are not a magic solution. They work best when paired with supportive lifestyle habits such as prioritizing protein at each meal, regular movement/exercise, properly balanced meals, minimally processed foods, sleep and stress management. Without focusing on nutrition, some individuals may unintentionally lose muscle mass or become nutrient-depleted.

Another important consideration is sustainability. For many, appetite returns when medication is stopped or even when the body starts ignoring the signal from the medication. This highlights the need to build a long-term nutrition plan alongside permanent

lifestyle strategies.

GLP-1 medications are opening an important discussion about how our bodies regulate hunger. Instead of reinforcing restrictive dieting behaviors, they may ultimately encourage a more compassionate and science-based understanding of appetite.

If you are considering GLP-1 medications or are currently using them, working with a knowledgeable clinical nutritionist can help ensure you maintain skeletal muscle mass, meet micronutrient requirements, and develop sustainable, long-term healthy eating habits that will support your weight loss goals. On a

side note, if you are a peri or menopausal female struggling with weight loss, your journey becomes a bit more complicated because of hormonal changes. Do not despair, there is hope and you can still reach your healthy weight goals. Here at NWLC, we make sure that your program covers all bases!

So, what can we do? Instead of eating less, let's focus on increased daily steps, morning light exposure, maintain vitamin D levels, slightly increase fiber and protein, add short cold exposure (outdoor walks, cooler rooms) and prioritize sleep.



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