



**Boost GLP-1**  
**Naturally**

# Foods That Naturally Boost GLP-1 Production

**GLP-1 (Glucagon-Like Peptide-1)** is a powerful hormone that helps regulate blood sugar, reduce appetite, and promote weight loss. While some medications mimic GLP-1, your body can also produce it naturally. This guide lists foods that help stimulate GLP-1 release naturally through dietary choices.





## 1. High-Protein Foods

- Daal, beans, chickpeas
- Paneer, Greek yogurt, Dahi
- Tofu, tempeh, soy chunks
- Milk (low-fat or skimmed)
- Nuts & seeds (almonds, chia seeds, flaxseeds)



## 2. Fermented Foods (Gut-friendly)

- Dahi, yogurt, kefir
- Pickled vegetables (Achaar)
- Idli, dosa, kanji (rice water)



## 3. High-Fiber Foods (especially soluble fiber)

- Oats, barley, psyllium husk (Isabgol)
- Apples, oranges, guava (with skin)
- Carrots, beets, broccoli, ladyfinger (okra)





## 4. Healthy Fats (in moderation)

- Avocados
- Coconut oil (virgin)
- Ghee (in small quantities)
- Nuts like walnuts, almonds



## 5. Bitter Compounds

- Karela (bitter melon)\*\*
- Methi seeds (soaked overnight)\*\*
- Neem leaves\*\*



## 6. Polyphenol-Rich Foods

- Berries (blueberries, strawberries)
- Dark chocolate (70%+ cacao)
- Green tea, hibiscus tea





## 7. Spices and Herbs

- Turmeric (curcumin boosts GLP-1)\*\*
- Cinnamon (improves insulin sensitivity)\*\*
- Ginger



## 8. Resistant Starch Foods

- Boiled and cooled potatoes
- Cooked and cooled rice
- Green bananas (or raw banana flour)



## 9. High-Protein Non-Veg Foods

- Grilled chicken breast (skinless)
- Boiled or roasted eggs
- Goat meat (lean mutton, preferably grilled or slow-cooked)
- Chicken liver (rich in protein and nutrients)
- Homemade chicken broth or bone soup





# Scientific References

1. **Nutrition & Diabetes (2011):** High-protein diets increase GLP-1 and satiety.
1. **Am J Physiol Endocrinol Metab (2008):** Amino acids stimulate GLP-1 secretion.
2. **Gut Microbes (2021):** Probiotic strains increase endogenous GLP-1 secretion.
3. **Nature Reviews Endocrinology (2013):** Gut microbiota regulates incretin hormones.
4. **Diabetes Care (2015):** Fiber-rich diets increase GLP-1 and improve glycemic control.
5. **British Journal of Nutrition (2004):** Resistant starch increases GLP-1.
6. **Clinical Nutrition (2009):** Oleic acid in olive oil increases GLP-1.
7. **J Clin Endocrinol Metab (2004):** Fat ingestion boosts GLP-1 more than carbs.
8. **Trends Endocrinol Metab (2014):** Bitter tastants stimulate incretin hormones.
9. **J Ethnopharmacol (2011):** Karela increases GLP-1 and improves glycemia.
10. **Mol Nutr Food Res (2016):** Polyphenols boost GLP-1 secretion.
11. **J Nutr Biochem (2012):** EGCG (from green tea) upregulates GLP-1.
12. **Diabetes Metab Syndr (2018):** Cinnamon extract increases GLP-1 in mice.
13. **Phytother Res (2013):** Curcumin enhances GLP-1 in diabetic rats.
14. **Am J Clin Nutr (2012):** GLP-1 rises after resistant starch consumption.
15. **Obesity Reviews (2015):** Animal protein enhances GLP-1 more than carbs or fats.



# Portion Guidance for Herbs and Spices

## Note on Herbs and Spices:



- **Turmeric (Curcumin):** Safe dosage is typically 500-1000 mg per day of curcumin extract or 1 tsp turmeric powder.
- **Cinnamon:** Limit to ½-1 tsp (2-4 g) per day of Ceylon cinnamon. Cassia cinnamon in large doses may harm the liver.
- **Fenugreek seeds:** 1-2 tsp (5-10 g) per day soaked or in cooked form is sufficient.
- **Neem leaves:** Should be taken in limited quantities, not more than 2-3 leaves per day or as prescribed.
- **Bitter gourd (Karela):** 50-100 ml of juice or 1 small karela per day is enough.

**Disclaimer:** Always consult a healthcare professional before adding these in medicinal quantities, especially if you're on medication.

**Bottom Line:** While these foods can naturally stimulate GLP-1 and aid in weight loss, they are not magic solutions.

**\*Sustainable fat loss happens only when you are in a calorie deficit and stay physically active.\***

Use this guide as a support tool-not a replacement-for disciplined nutrition and exercise.



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