

# Beyond the Scale:

## *GLP-1 Medications and the Role of Soy in Weight Maintenance*

GLP-1 receptor agonists (GLP-1 RAs) have long treated type 2 diabetes but have recently become popular to support weight loss. GLP-1 RAs mimic the naturally occurring hormone GLP-1, which regulates appetite, blood sugar, and digestion. While **GLP-1 RAs are an exciting era in weight management, maintaining muscle mass is crucial**, as users may lose 25–40% of muscle during weight loss.<sup>1</sup>

Consuming soy foods can support weight maintenance by providing high quality protein, fiber, and essential nutrients while being lower in calories and saturated fat than some animal-based alternatives.

### Keys to Long-Term Weight Management Success

**Nutrition**

**Strength  
Training**

**Medication**

**Lifestyle  
Strategies**

### Benefits of Soy Protein

- High quality plant protein that provides all the essential amino acids in amounts needed by the body.<sup>2</sup>
- Protein quality is greater than that of nearly all other plant proteins.<sup>2</sup>
- The only plant-based protein with an FDA-authorized health claim stating that “25 grams of soy protein a day, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease”.<sup>3</sup>
- A source of fiber, which can help with constipation-related side effects of GLP-1 RAs.<sup>4</sup>

### Soy Foods to Try

 Protein

 Fiber



Edamame



Soy protein powder



Soy-based meat alternatives



Soymilk



Soynuts



Tempeh



Texturized vegetable/soy protein



Tofu

#### References:

1. Conte C, Hall KD, Klein S. Is weight loss-induced muscle mass loss clinically relevant? JAMA 2024;332(1):9–10 doi: 10.1001/jama.2024.6586 [published Online First: 2024/06/03].
2. Hughes GJ, Ryan DJ, Mukherjea R, Schasteen CS. Protein digestibility-corrected amino acid scores (PDCAAS) for soy protein isolates and concentrate: Criteria for evaluation. J Agric Food Chemistry 2011;59(23):12707–12 doi: 10.1021/jf203220v [published Online First: 2011/10/25].
3. <https://www.ecfr.gov/current/title-21/chapter-I/subchapter-B/part-101#101.82>
4. <https://fdc.nal.usda.gov/food-details/174270/nutrients>.

*Featured Dietitian-Endorsed Recipe:*

# Edamame Hummus

Total Time: 5 minutes

## INGREDIENTS

- 2 cups edamame, shelled and cooked according to package directions
- 1/4 cup soybean oil
- 3 tablespoons lemon juice
- 2 teaspoons garlic, chopped
- 3/4 teaspoons cumin, ground
- 1/2 teaspoon salt

## DIRECTIONS

1. Puree edamame, oil, lemon juice, garlic, cumin and salt in food processor for 30 seconds, scraping sides twice until almost smooth.
2. Cover and refrigerate until ready to serve.
3. Pair with crackers, cut vegetables, or pita bread.

**For more soy recipes and information  
about soy, visit [SoyConnection.com](http://SoyConnection.com).**