

Preventing Ozempic Hair Shedding: The Protein & Iron Playbook

Hair shedding on GLP-1 medications is real, and it's almost always due to rapid weight loss pushing follicles into a 'resting' phase. The good news: it's reversible. The fix is consistent — adequate protein, iron, zinc, and biotin.

THE HAIR-PROTECTION RULES

- Target 80–100 g of protein daily. Hair is 95% keratin — a protein.
- Iron + vitamin C in the same meal triples iron absorption.
- Get bloodwork at month 2: ferritin, B12, vitamin D, zinc.
- Shedding peaks 3 months after rapid loss begins; usually self-limiting.

1. Spinach & Smoked Turkey Egg-White Frittata

Why it works. Egg whites are pure keratin-building protein with no fat. Spinach iron + eggs = better absorption.

INGREDIENTS

- 8 egg whites + 2 whole eggs
- 3 oz smoked turkey
- 2 cups baby spinach
- 1/4 cup feta
- 1 tsp olive oil

HOW TO MAKE IT

- 1 Sauté turkey 2 min in oil.
- 2 Wilt spinach 1 min.
- 3 Whisk eggs; pour over. Add feta.
- 4 Bake at 400°F for 12 min.

2. Nut-Crusted Greek Yogurt Parfait

Why it works. Walnuts and pumpkin seeds deliver biotin, selenium, and zinc — the hair-supporting micronutrients.

INGREDIENTS

- 1 cup non-fat Greek yogurt
- 2 tbsp walnuts, crushed
- 1 tbsp pumpkin seeds
- 1/4 cup blueberries
- 1 tsp honey

HOW TO MAKE IT

- 1 Layer yogurt in a glass.
 - 2 Sprinkle nuts and seeds.
 - 3 Top with berries and honey.
 - 4 Eat slowly.
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3. Iron-Rich Lentil & Kale Stew

Why it works. Lentils + kale deliver plant iron; the lemon at the end triples absorption.

INGREDIENTS

- 1 cup brown lentils
- 4 cups broth
- 2 cups kale
- 1 onion + 2 garlic cloves
- Juice of 1 lemon

HOW TO MAKE IT

- 1 Soften onion and garlic.
 - 2 Add lentils and broth. Simmer 25 min.
 - 3 Stir in kale, cook 3 min.
 - 4 Finish with lemon.
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4. Mediterranean Cod & White Bean Bake

Why it works. Cod delivers selenium for hair shafts. White beans add plant protein and folate.

INGREDIENTS

- 2 cod fillets

- 1 can cannellini beans
- 1 cup cherry tomatoes
- 2 garlic cloves
- 1 lemon

HOW TO MAKE IT

- 1 Toss beans, tomatoes, garlic in oil.
- 2 Place cod on top.
- 3 Top with lemon.
- 4 Bake 18 min at 400°F.

5. Sesame Tofu & Bok Choy Steam-Fry

Why it works. Tofu and sesame are two of the highest plant sources of zinc.

INGREDIENTS

- 14 oz firm tofu, cubed
- 4 baby bok choy
- Soy sauce, sesame oil, ginger, garlic
- Sesame seeds

HOW TO MAKE IT

- 1 Sear tofu 5 min.
- 2 Add ginger, garlic.
- 3 Add bok choy + water, cover 2 min.
- 4 Drizzle soy and sesame.

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