

Arla Foods Ingredients Showcases High-Protein Concepts for GLP-1 Users at Vitafoods Europe

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Arla Foods Ingredients has developed high-protein, nutrient-dense application concepts for users of GLP-1 anti-obesity medications, which it will showcase at Vitafoods Europe (5th-7th May 2026 in Barcelona).

Originally developed to treat diabetes, GLP-1 receptor agonists have reshaped the weight management market. In 2025, 11 per cent of consumers globally and 18 per cent in the US who were actively trying to lose weight reported using them, with uptake expected to rise as availability expands, tablet formats emerge and prices fall.

However, GLP-1 use is associated with side effects: lean muscle loss may reach 40 per cent of total mass lost, versus around 25 per cent with traditional interventions, while up to 76 per cent of GLP-1 consumers report gastric discomfort and reduced appetite.

To help manufacturers address these needs, Arla Foods Ingredients has developed high-protein concepts with Nutrilac and Lacprodan BLG-100, delivering all essential amino acids for muscle health in nutrient-dense formats, and incorporating probiotics/cultures from Novonesis to support digestive well-being.

The range includes great-tasting formats for reduced appetites:

A fermented, high-protein shot featuring Nutrilac ProteinBoost, offering 10g of protein per 70ml serving; low-fat, lactose-reduced and no added sugar.

A fermented, high-protein drinking yoghurt featuring Nutrilac ProteinBoost and Nutrilac MFGM, providing 20g protein per 200ml serving; lactose-reduced.

A fermented, high-protein spoonable yoghurt featuring Nutrilac ProteinBoost, Nutrilac YO-7700, and Capolac milk minerals, providing 20g protein per 120g serving; high in calcium, low fat and lactose-reduced.

A high-protein water-based shot for ambient storage, featuring Lacprodan BLG-100 and providing 21g of protein per 100ml serving; fat-free, sugar-free and low in lactose.

Anne Widart, Chief Commercial Officer of Arla Foods Ingredients, said: “Nutrition for GLP-1 users is a growing category, creating opportunities for dairy manufacturers. There is increasing demand for nutrient-dense, high-protein products in formats suited to smaller appetites. Our concepts are designed to help manufacturers respond to these evolving needs.”