



Nutrition and Weight Loss Medications

WITH WORLD-CLASS DOCTORS FROM



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Contents

Nutrition and Weight Loss Medications	3
Examples of High Protein Foods	3
Other Dietary Considerations	5
Examples of Moderate and High Fiber Foods	6
A note about the importance of physical activity	8

Nutrition and Weight Loss Medications

Your doctor has recommended for you to start a semaglutide or trizepatide medication including, but not limited to, the brand names Wegovy[®], Ozempic[®], Monjaro[®]. These medications work by improving your body's sensitivity to insulin, a hormone which regulates your blood sugar. Semaglutide and trizepatide have also been shown to help with weight loss by decreasing appetite and/or increasing the feeling of satiety or fullness.


Protein needs:

Taking semaglutide or trizepatide may make you feel less hungry, so the foods you do eat are very important. As you lose weight, you need to get enough protein in your diet. Eating enough protein will prevent you from losing your muscle mass, while you lose weight.

Make sure you discuss your protein needs with your Registered Dietitian.

Examples of High Protein Foods:

Plant-based Protein Sources	Serving Size	Protein (g)
Hummus	4 tbsp	4
Nuts, almonds	1 oz	6
Buckwheat	1 cup cooked	6
Quinoa	1 cup cooked	8
Edamame, shelled	½ cup	9
Lentils	½ cup cooked	9
Peanut butter, natural	2 tbsp	9
Tofu	3 oz	11
Chickpea penne	2 oz uncooked	11



Plant-based Protein Sources	Serving Size	Protein (g)
Beans, kidney	1 cup cooked	15
Chickpeas	1 cup canned	15
Tempeh	3 oz	18
Seitan	1/3 cup	21

Animal Protein Sources	Serving Size	Protein (g)
Egg	1 large	6
Cheese	1.5 oz	10
Cottage cheese, low fat	½ cup	12
Greek yogurt, low fat	5.3 oz	17
Salmon	3 oz cooked	18
Veal loin	3 oz cooked	21
Beef tenderloin	3 oz cooked	22
Pork loin, bone-in	3 oz cooked	22
Lamb chop, boneless	3 oz cooked	23
Turkey ground	3 oz cooked	24
Chicken breast	3.5 oz grilled	31

If you are not able to meet your protein needs with your food, talk to your Registered Dietitian about adding protein powders and/or protein shakes to your diet.



Other Dietary Considerations:

Semaglutide and trizepatide are effective in decreasing appetite by changing the way your body senses and slows the movement of food through your digestive tract. When your food is moving more slowly, you may have symptoms like nausea, bloating, or constipation (especially in the first few weeks after starting semaglutide or trizepatide or after increasing the dose).

If you have nausea, try to:

- Eat small, frequent meals (instead of big portions)
- Eat bland foods that are easy to digest, and to limit fried and spicy foods
- Drink clear unsweetened liquids to help you stay hydrated
- Consume ginger tea, chews or drops (watch for added sugars which may make symptoms worse)
- Limit caffeinated beverages

You may want to also talk to your doctor about starting an acid-blocking medication or anti-nausea medication until the symptoms improve.

If you feel constipated, try to:


- Eat more fiber in your diet
- Drink more water and/or clear liquids to help you stay hydrated

You may also talk to your doctor about starting a gentle laxative until the symptoms improve.



Examples of Moderate and High Fiber Foods:

Moderate Fiber Foods 2-4 grams of fiber per serving	Serving Size	Fiber (g)
Peanuts, raw	¼ cup	2
Whole wheat bread	1 slice	2
Sunflower seeds	¼ cup	2
Tomato	1 cup, raw chopped	2.2
Corn	½ cup	2.4
Eggplant	1 cup cooked	2.5
Cauliflower	1 cup cooked	2.8
Strawberries	1 cup	3
Walnuts	¼ cup raw	3
Cranberries	¼ cup dried	3
Barley	½ cup cooked	3
Muffin, oat bran	1 small	3
Orange	1 medium	3.1
Okra	1 cup	3.2
Blueberries	1 cup	3.6
Cooked potato with skin	1 medium	3.8
Whole wheat pasta	½ cup cooked	3.8
Cooked sweet potato with skin	1 medium	4
Almond, raw	¼ cup	4
Brussels sprouts	1 cup cooked	4



Moderate Fiber Foods 2-4 grams of fiber per serving	Serving Size	Fiber (g)
Oatmeal, instant	1 packet	4
Oatmeal, steel cut	½ cup	4
Edamame, shelled	½ cup	4

High Fiber Foods >4 grams of fiber per serving	Serving Size	Fiber (g)
Apple with skin	1 medium	4.4
Peas	½ cup cooked	4.4
Plantains	1 cup, cooked	4.6
Avocado	½ medium	4.6
Pasta (spaghetti) whole wheat	1 cup cooked	4.6
Quinoa	1 cup cooked	5
Bran cereal	¾ cup	5
Broccoli	1 cup cooked	5.2
Pear	1 medium	5.5
Chia seeds	2 Tbsp	6
Artichoke	1 medium cooked	6.8
Black beans	½ cup cooked	7.5
Pinto beans	½ cup cooked	7.7
Lentils	½ cup cooked	7.8
Raspberries	1 cup	8
Chickpeas	½ cup canned	8.1

A note about the importance of physical activity

Consistent resistance exercise (also called strength or weight training), together with enough protein will protect you from losing your muscle mass. Examples of resistance exercises include using free weights, weight machines, resistance bands or your own body weight.

Resistance exercises should be done 2 to 4 times each week (or less when you are starting). If you are new to resistance exercise, you may want to watch a training video or work with a trainer to prevent getting injured.

Aerobic exercises that increase your heart rate are also important to keep off the weight you lose, through your diet and medication changes. Examples include brisk walking, biking, running and swimming.



This information is brief and general. It should not be the only source of your information on this healthcare topic. It is not to be used or relied on for diagnosis or treatment. It does not take the place of instructions from your healthcare provider. Talk to your healthcare providers before making a healthcare decision. **NewYork-Presbyterian. Copyright (2023). All rights reserved.**

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