

# SEMAGLUTIDE DIETARY GUIDE FOR WEIGHT LOSS

Many patients find that treating obesity and changing their lifestyles can be overwhelming. That's why it's necessary to seek a highly-trained professional to help set you up for success in observing proper lifestyle modifications. Taking semaglutide injections is one of the solutions for weight management, but it still involves following a healthy diet with low calories and controlling your food intake.

## Diet Tips when using semaglutide injections for weight loss

Semaglutide injections promote blood glucose control to reduce appetite and cravings and delay digestion, making you feel full for longer periods. That's why taking this type of weight loss medication also involves some tips and reminders to help you maximize its effects and help achieve your weight loss goal. Some dietary tips to remember when taking semaglutide for weight loss are the following:

- Incorporate more complex carbohydrates than refined ones in your diet
- Choose lean meat for your protein
- Opt for plant protein
- Add different kinds of vegetables to your meals
- Add fruits with low glycemic index to your meals in small portions
- Keep your meals small but frequent
- Don't focus on the numbers on your scale
- Ensure proper intake of calories

## Foods to eat when using Semaglutide injections for weight loss:

Unfortunately, or fortunately, there isn't a "best diet for semaglutide". Instead, stick to general healthy eating guidelines. They will help you maximize the medication's effectiveness in helping you manage your blood sugar levels. That means, ideally, you should focus on incorporating more of the following food types:

**Non-starchy vegetables and fruits** - Vegetables and fruits provide fiber, which helps slow the breakdown and absorption of carbohydrates into your bloodstream. It also boosts satiety. Try to fill half your plate with vegetables and fruits. These include:

- Asparagus
- Broccoli
- Cabbage
- Cauliflower
- Green leafy vegetables
- Mushrooms
- Squash
- Tomatoes

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**Whole grains** - Complex carbohydrates, are digested and absorbed more slowly (than refined carbohydrates) into the bloodstream, producing an associated slower, lower rise in blood sugar levels. Fill ¼ of your plate with complex carbohydrates. Some of these are:

- Brown rice
- Whole wheat bread
- Oatmeal
- Quinoa

**Protein-rich food** - Adding protein to a meal could reduce blood sugar spikes by blunting post-meal glycemic

response and enhancing satiety (which prevents overeating). A good guideline is to fill ¼ of your plate with protein. Choose lean proteins like plant proteins, pork loin, lean beef, skinless chicken breast, and white fish. These have the highest protein but the lowest saturated fat and calorie content.

**Nuts** - aside from containing fiber and protein, nuts are also rich in unsaturated fats good for heart health. These types of fat are healthy for you, especially when eaten with fruits.

## **Foods to AVOID when using Semaglutide injections for weight loss:**

You may want to avoid some types of food when you're trying to lose weight and treat obesity, much less when taking semaglutide injections. These foods may interfere with the method of action of GLP 1 receptor agonists in blood sugar control and weight reduction:

- Refined Sugar
- Fried Foods
- Food with Added Sugar
- Alcoholic Beverages
- Sugary Drinks
- Highly processed foods

### **IMPORTANT TAKEAWAYS:**

Semaglutide is a GLP-1 receptor agonist that helps improve blood sugar control by stimulating insulin release, slowing gastric emptying, and influencing the brain's "satiety center".

A special diet for semaglutide doesn't exist. Instead, the same healthy eating guidelines apply, like prioritizing complex carbohydrates and lean proteins.

That said, those taking semaglutide could prevent its associated adverse gastrointestinal symptoms by avoiding fatty foods, eating smaller meals, and staying well-hydrated.

Semaglutide works best when paired with healthy lifestyle changes. So, beyond sticking to a healthy diet, remember to make time for exercise, stress management, and high-quality sleep.