



An OrthoAlliance
Partner Practice

Weight Loss Clinic: Eating Strategies

GLP-1 receptor agonists such as Semaglutide and Tirzepatide work by mimicking the effects of the naturally occurring hormone glucagon-like peptide-1, which helps to promote feelings of fullness. When used alongside a healthy diet and other lifestyle habits, GLP-1s can be a great tool for achieving weight loss goals. GLP-1 medications have the ability to not only align with but also enhance your efforts to adopt healthier lifestyle.

Five key nutrition strategies to incorporate in your weight loss journey.

1. **Prioritize Balanced Meals:** A balanced diet is important when taking a GLP-1. Occasional loss of appetite may occur while on a GLP-1, so this is a necessity of maintaining a nutritious diet to prevent muscle loss and give your body the fuel it needs. Ensure that your meals incorporate a mix of macronutrients, including carbohydrates, proteins, and fats. Focus on whole foods, lean proteins (chicken, fish, tofu), complex carbohydrates (brown rice, quinoa, sweet potatoes) and healthy fats (avocado, nuts, olive oil). This balance will help secure your blood sugar levels, reducing the risk of overeating.
2. **Exercise Portion Control:** Portion control takes center stage when incorporating GLP-1s into your weight loss journey. GLP-1s curb your appetite, making it essential to establish your serving sizes. Listen to your body's hunger cues, aiming to stop when you're satisfied rather than overly full. Embrace smaller, more frequent meals to prevent overeating during any single sitting and to maintain a stable blood sugar level. Keep an eye on calorie-dense food while prioritizing fruits, vegetables and lean proteins in your diet.
3. **Eat Frequent Meals and Snacks:** Staying on track with a consistent eating schedule is important for your weight loss journey. This will

help keep your blood sugar stable, which means fewer cravings or unplanned munchies. Eating nutritious snacks between your main meals fends off extreme hunger and helps with making better food choices. Some people may experience nausea early on their GLP-1 journey or around the time of dosage increases; this further emphasizes the importance of consuming smaller, more frequent meals.

4. **Practice Mindful Eating:** Mindful eating while on a GLP-1 for weight loss is important. These medications work with your body's natural signals, and mindfulness aligns with their effects. Enjoying each bite, chewing slowly, and being attuned to your body's hunger and fullness cues, you can make most of your GLP-1 journey. Avoid distractions like TV or smartphones during meals and focus on the sensory experience of eating. Not only does this enhance your appreciation to food but also helps you make balanced choices supporting your weight loss journey.
5. **Stay Hydrated:** Drinking an ample amount of water not only keeps you feeling refreshed but also supports your metabolism. Thirst can feel like hunger, so having water on hand can help you determine between the two, preventing unwarranted snacking. Staying well hydrated is an effective way to enhance your weight loss journey while on a GLP-1.

Have questions? Contact the Gen Med team.

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