

SIX DIET TIPS TO HELP YOU MAXIMIZE YOUR RESULTS

When Using Tirzepatide or Semaglutide

1. Eat Smaller Portions

Tirzepatide and semaglutide will make you feel full on far less food, so plan to eat small meals throughout the day using a salad-size plate. If you consume too much in one sitting, you can end up with nausea, heartburn, or other unpleasant stomach issues. And always keep some over-the-counter medicines at hand to treat symptoms that might arise.

2. Eat More Slowly

Did you know it takes your brain 15 minutes or more to register that your stomach is full? That is why it's so important to concentrate on eating slowly.

3. Avoid Hard-to-Digest Foods

While no food is off-limits when taking tirzepatide and semaglutide, certain foods which are hard to digest can cause nausea and heartburn. These include fatty foods, processed foods, and foods with added sugar.

4. Stay Hydrated All Day

Consuming fluids is vital for healthy digestive, urinary, and cardiovascular function. Staying hydrated becomes even more critical with tirzepatide and semaglutide, as hydration can stave off nausea that some people experience on this medication. Try to get in a minimum of 60 ounces of water a day.

5. Minimize Your Alcohol Intake

Alcohol can irritate your stomach and pancreas while you are taking tirzepatide and semaglutide. Alcohol can reduce your blood sugar levels when combined with tirzepatide and semaglutide, causing dizziness, hunger, nausea, an irregular or fast heartbeat, difficulty concentrating, headaches, fatigue, and irritability.

6. Lose One or Two Pounds Each Week

We recommend eating 1200 to 1500 calories daily to minimize rapid weight loss. Losing over three pounds per week (considered rapid weight loss) causes the liver to secrete extra cholesterol into bile, which can cause gallstones.

Gallstones can block the bile ducts of your biliary tract, causing sudden pain in your upper right abdomen. The pain typically subsides once the gallstone has passed, but it can cause a severe or life-threatening infection if it does not.