

Client Name:

Date:

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# Nutrition Tips for Managing Obesity Medications

Obesity medications can help you manage your weight by decreasing hunger and food cravings and increasing fullness. The goal is to eat enough nutritious foods for health and well-being while achieving healthy weight loss. It is important to eat nutrient-dense foods at meals and snacks especially since you may not be able to tolerate large portions. Protein foods are important to help maintain your muscle mass.

Obesity medications may result in food staying in your stomach for longer (which is also called delayed gastric emptying). You may experience side effects such as nausea, vomiting, diarrhea, or constipation. There are several nutrition tips that can help you manage these side effects.

## Meal Planning Tips

- You may not always feel hunger, but it is important to eat. Set scheduled times to eat meals and do not skip meals. Eat slowly and stop eating when you feel full.
  - Choose a variety of nutrient-dense foods including vegetables, fruits, whole grains, lean protein foods, low-fat dairy or dairy alternatives, and healthy fats.
  - Eat protein foods with each meal and snacks. Eat these protein foods first if you feel full quickly when eating.
    - Protein foods include lean meat, poultry, seafood, beans, peas, lentils, nuts, seeds, low-fat dairy foods, eggs, and soy products.
    - Your registered dietitian nutritionist (RDN) may recommend a protein supplement.
  - Limit your intake of high-fat foods since these foods take longer to digest.
  - Drink at least 48-64 ounces (6 to 8 cups) of low-calorie, caffeine-free beverages daily.
    - Choose water or caffeine-free and unsweetened coffee/tea
    - Limit sugar-sweetened beverages, alcohol, and caffeinated beverages.
    - Limit carbonated beverages if they cause bloating.
  - Your RDN may recommend a vitamin/mineral supplement if your diet does not provide enough nutrients.
- You will still need to follow a healthy, nutrient-dense diet if you wean off your medication or if you are in the weight maintenance stage. Your RDN can provide you with additional handouts to help you maintain your weight loss and healthy habits.

## Tips for Managing Side Effects Related to Obesity Medication

Side Effect	Nutrition Tips
Nausea/Vomiting	<ul style="list-style-type: none"><li>▶ Eat small, frequent meals</li><li>▶ Follow a low-fat diet</li><li>▶ Eat slowly</li><li>▶ Stop eating when you feel full</li><li>▶ Avoid strong smells</li><li>▶ Drink ginger tea or suck on a lozenge</li><li>▶ Keep a food diary to monitor your diet and identify trigger foods</li></ul>
Constipation	<ul style="list-style-type: none"><li>▶ Increase your intake of fiber-containing foods such as fruits, vegetables, and whole grains</li><li>▶ Drink 48-64 ounces (6 to 8 cups) of fluid daily</li><li>▶ Increase your physical activity</li><li>▶ Your RDN may recommend a fiber supplement or stool softener if needed</li></ul>
Diarrhea	<ul style="list-style-type: none"><li>▶ Drink 48-64 ounces (6 to 8 cups) of fluid daily</li><li>▶ Limit intake of coffee, dairy, alcohol, and soda</li><li>▶ Avoid food and drinks that contain sugar alcohols</li><li>▶ Increase your intake of fiber-containing foods such as fruits, vegetables, and whole grains.</li><li>▶ Keep a food diary to monitor your diet and identify trigger foods</li></ul>

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