Knowledge Check

Question 1

Why is protein intake important for preventing muscle loss?

- [ ] Protein helps with hydration
- [ ] Protein repairs and builds muscle, preventing muscle loss during weight loss
- [ ] Protein speeds up digestion
- [ ] Protein is only needed for energy

Explain your answer below:

Question 2

What is one strategy to manage nausea after Semaglutide or Tirzepatide injections?

- [ ] Eat large, greasy meals
- [ ] Drink ginger tea and/or eat small, frequent meals
- [ ] Skip meals to avoid nausea
- [ ] Only eat spicy foods

Explain your answer below: