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# How to Build a Plate to Support GLP-1 Medications for Weight Management

Balanced nutrition is an integral part of your journey with injectable Semaglutide or Tirzepatide (sometimes referred to as GLP-1 medications)* for weight management. Creating a plate that supports the journey can help you prevent nutrient deficiencies, manage side effects, reduce hunger, and control blood sugar.

When taking a Semaglutide or Tirzepatide injectable medication, eating enough protein and fiber is important. **Protein** - found in foods like chicken, fish, eggs, and beans - helps your body build and repair muscles, keeps you feeling full, and supports your energy needs. **Fiber** - found in fruits, vegetables, whole grains, and legumes - enhances feeling of fullness, helps with digestive regularity, and prevents constipation, a common side effect of injectable Semaglutide and Tirzepatide. It's also essential to incorporate **foods with micronutrients** like vitamin D (fatty fish, egg yolks, and fortified foods), calcium (dairy, leafy greens, and fortified alternatives), and iron (red meat, chickpeas, and spinach) because Semaglutide and Tirzepatide injectable medications slow down how quickly food leaves your stomach, which can affect how the body absorbs these micronutrients.

In general, it's important to choose a variety of whole foods, like the ones featured in this plate, to ensure you're getting enough nutrients (like protein, vitamins, and minerals) to fuel your body, especially if you have a reduced appetite and aren't eating as much.

Hydration and physical activity are also important while on these medications - staying hydrated supports digestion and aids in nutrient absorption, while physical activity, especially resistance training, keeps muscles active and prevents muscle breakdown.

**Brand names include Wegovy and Ozempic (injectable Semaglutide) and Zepbound and Mounjaro (injectable Tirzepatide). Other GLP-1 medications exist, but these are the most effective and popular for weight management.*

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# GLP-1 Medication Supportive Plate

## Healthy Fats



Avocado oil, coconut oil, grape seed oil, olive oil, walnut oil

## Water & Other Beverages



Water, milk, and fortified non-dairy alternatives that contain 8g of protein or more.

## Vegetables

Asparagus, bell pepper, bok choy, Brussels sprouts, broccoli, cabbage, carrots, cauliflower, celery, cucumber, garlic, ginger root, leafy greens, leeks, mushrooms, onion, spinach, squash, sweet potato, tomato



## Whole Grains, Seeds, & Nuts

Whole grains: Barley, brown rice, farro, quinoa, oats
Seeds & Nuts: Almonds, Brazil nuts, cashews, chia seeds, flax seeds, hemp seeds, peanuts, pine nuts, pumpkin seeds, walnuts

## Fruits

Apple, avocado, banana, blackberries, blueberries, grapes, grapefruit, kiwi, mango, pineapple, papaya, raspberries, strawberries

## Protein

Beans and other legumes, beef, chicken, eggs, fish, lamb, pork, shellfish, turkey, yogurt

Be Active

## Plate Breakdown:

Protein 35%
Whole Grains, Seeds & Nuts 25%
Fruits & Vegetables 40%

*Disclaimer: The medication-related educational content in this handout only applies to FDA-approved injectable Semaglutide and Tirzepatide medications (Wegovy, Ozempic, Zepbound, and Mounjaro). It does not apply to other weight loss medications or compounded versions of Semaglutide or Tirzepatide. Consult with your physician for medication management.*