



Best Foods to Eat While on Semaglutide:

Alongside mindful eating and consuming smaller portions; it's helpful to stick to the following food groups to provide you with adequate nutrients, decrease side effects and optimize your weight loss results.

- **Lean Protein:** chicken, turkey, lean beef, fish, eggs, tofu, nuts and yogurt.
- **High Fiber Fruits and Non-Starchy Vegetables:** apples, eggplant, red peppers, tomatoes, cabbage, zucchini, lettuce, broccoli, cauliflower, Brussel sprouts, and asparagus. Try to eat a rainbow of fruits and vegetables daily. High fiber/ non-starchy vegetables usually have 5 grams of carbohydrates per serving and help maintain a steady blood sugar and keep uncomfortable symptoms at bay.
- **Complex Carbohydrates:** whole grains, whole wheat and multigrain bread, brown rice, oats, barley, quinoa, bran cereal and oatmeal.
- **Healthy Fats:** extra virgin, flax oil, avocado, and avocado oil.

Foods to AVOID While on Semaglutide:

Nothing is entirely off limits while on Semaglutide, but certain foods may be better to forgo to maximize the medications effects and avoid intensifying side effects.

- **High Fat Foods:** Greasy foods like pizza, cheeseburgers, and donuts can slow down digestion and lead to bloating, nausea, and gas. You should also do your best to avoid fried goods like French fries or fried chicken, because they are high in unhealthy fats, making them harder to digest.
- **Alcohol:** It's best to limit alcohol consumption while on these medications because too much alcohol can lead to nausea and an upset stomach. When combined with Semaglutide, it's known to worsen these undesirable side effects. *According to the American Diabetes Association*, combining alcohol with certain diabetes medications can increase your risk of developing low blood sugar which can cause drowsiness, confusion, and dizziness.
- **Refined Carbohydrates:** Refined carbohydrates like pasta, white bread, and bagels are heavy on the stomach, so it is better to consume them in moderation. Plus, most refined carbs are stripped of fiber and vitamins and lead to spikes in blood sugar and insulin levels. This is definitely important for individuals using Semaglutide for diabetes management, but also for those using it to address overweight and obesity.
- **Sugary Foods & Drinks:** Similarly, it makes sense to avoid sugary items like soda, candy, cake, cookies, and even juice, since they are high in added sugar which can lead to unwanted weight gain and blood sugar fluctuations. Additionally, filling up on these foods will leave less room for the nutrient-dense ones you need to avoid muscle loss and keep you feeling your best.
- **High Sodium Foods:** Packaged snacks and overly processed foods like chips and crackers offer limited nutritional value which again leave less room for nutrient-dense foods.
- **Starchy Vegetables:** It's best to take a moderation approach with starchy foods, like potatoes, corn, carrots and beets. *According to the Cleveland Clinic*, starchy vegetables may cause GI distress and are considered high glycemic foods which can increase blood glucose levels.

Any questions/ concerns – call our office at 480-800-8346

