

LIFESTYLE AND NUTRITION GOALS TO BE USED WITH WEIGHT LOSS MEDICATIONS

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RISKS

- ❖ Your medical professional will discuss specific risk factors associated with your medication prior to writing your prescription.
- ❖ An additional risk factor when taking GLP-1 inhibitor medications (like [Wegovy](#), [Zepbound](#), [Mounjaro](#) and [Ozempic](#)) is the **potential loss of muscle and bone mass and a reduced metabolic rate**. Some studies have shown these losses to be significant. Muscle and bone are VALUABLE to your body for many reasons so it is important to take steps to minimize this risk.
- ❖ Read more here: [Ozempic Can Cause Major Loss of Muscle Mass and Reduce Bone Density](#)

Here are 2 things you can do to reduce the loss of valuable muscle and bone mass:

1. Include plenty of protein in the diet.
2. Include strength/resistance exercises in your daily/weekly plan.

HOW MUCH PROTEIN SHOULD I EAT?

- ❖ These medications have powerful appetite suppression effects. It's ok to eat less total food, but don't eat less protein. In fact, you will likely need to eat **more protein** than you typically would eat.
- ❖ A protein goal to shoot for is 1 gram of protein per pound of desirable body weight. For example: If you are 200 pounds, and your goal weight is 150 pounds, aim to eat 150 grams of protein daily. A less specific but good general protein goal for most people is at least 100 grams of protein per day.
- ❖ It's ok if you don't reach your exact protein goal every day - but do your best to change the types of foods you are eating so that you can prioritize protein-rich foods and get close to 100 grams daily.
- ❖ The "protein signal" is best heard by your body if you divide protein into 3 meals per day. Aim for 30 grams of protein per meal. It's ok to eat more than this at a meal, but try to at least get 30 grams.

Use these tools to help learn about protein and how to include it in your plan:

<input type="checkbox"/> PROTEIN FOODS	<input type="checkbox"/> PROTEIN: WHY PRIORITIZE IT?	<input type="checkbox"/> PROTEIN-FOCUSED MEALS	<input type="checkbox"/> PROTEIN SHAKES
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WHAT TYPE OF EXERCISE IS BEST?

- ❖ The type of exercise that will be most helpful in creating or maintaining muscle and bone mass is called **strength** or **resistance training**. Examples of this type of exercise are listed and illustrated below.
- ❖ Aim to include these at least 3 days per week, but you can also work them into your daily life.

Use these tools to include strength training exercises in your daily and/or weekly routine:

<input type="checkbox"/> HOW TO GET A FULL-BODY STRENGTH TRAINING WORKOUT AT HOME	<input type="checkbox"/> EXERCISE TIPS	<input type="checkbox"/> STRENGTH EXERCISES FOR BEGINNERS
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CAN I MONITOR MY BODY COMPOSITION AS I LOSE WEIGHT?

- ❖ The most accurate method of assessing body composition is with a [DEXA](#) scan or a [BOD POD](#) test; however, these can be pricey and may not be available where you live.
- ❖ An alternative for home use is a [body composition scale](#). These are not as accurate, but are good for assessing trends. [FIT INDEX](#) is a body composition scale that is reasonably priced and user-friendly.