

ANTI-OBESITY MEDICATIONS AND THE IMPORTANCE OF MEETING NUTRITIONAL REQUIREMENTS

To achieve a healthy body weight new medications are a very popular tool as long as the reduced calorie intake can also meet essential nutritional needs, especially for patients that may experience nausea or other known side effects. Studies indicate that meal replacements are important in maintaining adequate nutrition.

- Patient's calorie intake is known to drop by 45 percent or more when utilizing anti-obesity drugs like semaglutide according to a Novo Nordisk-funded study (Friedrichsen et al. 2021).
- Appetite suppression and change in taste preferences lead people to consume fewer savory foods and less dairy foods (Aldawsari et al. 2023) which implies less protein intake.
- Dietary protein provides essential building blocks to synthesize muscle, benefit major organs and contributes to supporting healthy metabolism (Layman et al. 2015) and lean body mass (Ogilvie et al. 2022).
- Meal replacements support consistent intake of protein and provide easily digestible fiber plus essential vitamins and minerals (Bowen et al. 2018). This also improves digestive and gut health and can help address issues of diarrhea and constipation that commonly occur with reduced calorie consumption (Miketinas et al. 2019).

BASIC MEAL PLANNING

1. To meet essential daily nutritional needs meal replacements providing 15 to 25 grams of protein, three to six grams of dietary fiber and vitamins and minerals are recommended.
2. Eating regular meals and snacks is also important in maintaining lean body mass while losing weight.
3. Speaking with a registered dietitian or health professional is advised for individualized for simplified meal planning and recommendations to adjust for individual needs, higher BMI or existing health conditions or obesity co-morbidities.

Additional Tips

- Keep hydrated with 64 ounces of water each day
- Eat at two to three-hour intervals, three small-moderate meals and two to three healthy snacks
- Aim for fiber rich, whole grain foods to prevent constipation and include five servings of vegetables and fruits per day
- Prioritize protein at each meal and include a dinner with four to six ounces of lean protein for women and five to eight ounces of lean protein for men
- Choose foods with reduced amounts of sugar and sodium

***Disclaimer:** The information provided here is intended solely for the purpose of general information and is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Visit Robard.com for comprehensive weight management program information.*

References

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