



Semaglutide and Tirzepatide Do's and Don'ts

Semaglutide and Tirzepatide are incretin-based medications used to treat type 2 diabetes and obesity. While these medications are effective, they may lead to micronutrient and protein deficiencies, along with other potential side effects. To optimize your results and minimize risks, here are some key Do's and Don'ts to follow:

1. Stay Hydrated

Do: Drink plenty of water to prevent dehydration, a common side effect of these medications.

Don't: Avoid beverages high in calories and added sugars, such as sugary drinks or sodas, as they can negatively affect your progress.

2. Prioritize Protein

Do: Incorporate protein-rich foods like lean meats, poultry, fish, eggs, dairy, legumes, and tofu to prevent muscle loss and support overall health.

Don't: Rely on low-nutrient processed foods that provide little to no protein or essential nutrients.

3. Get Enough Fiber

Do: Include high-fiber foods such as fruits, vegetables, whole grains, and legumes to support gastrointestinal health. Constipation is a common issue with GLP-1 medications, and fiber can help alleviate this.

Don't: Skip fiber-rich foods, as this can worsen digestive issues like constipation.

4. Supplement Your Diet

Do: Take a high-quality multivitamin along with key supplements like electrolytes, Vitamin D3, magnesium, and omega-3 fatty acids to avoid potential nutrient deficiencies caused by the medication.

371 E Paces Ferry Rd N
Ste 550
Atlanta, GA 30305



or reduced appetite.

Don't: Neglect your supplements, as deficiencies can lead to muscle loss, fatigue, and other health issues.

5. Regular Physical Activity

Do: Engage in regular exercise, including both cardio and strength training, to help maintain muscle mass and manage blood sugar levels. Follow the recommendations of your healthcare provider.

Don't: Avoid physical activity, as muscle loss is a common concern with rapid weight loss.

6. Monitor Electrolytes

Do: Be mindful of your electrolyte levels, especially if you have a history of electrolyte imbalances or are on a low-calorie diet. Sodium is particularly prone to depletion.

Don't: Ignore signs of electrolyte imbalance, such as dizziness, fatigue, or muscle cramps, which should be reported to your healthcare provider.

7. Track Your Progress: Weekly Body Composition Analysis

Do: Regularly monitor your weight, body composition, and muscle mass under the supervision of your healthcare provider. Muscle loss is a common side effect, so it's crucial to track changes in muscle and fat composition.

Don't: Focus solely on the scale—monitoring muscle mass is just as important as weight.

8. Limit Alcohol & Processed Foods

Do: Stick to a diet rich in whole, nutrient-dense foods like vegetables, fruits, whole grains, and lean proteins.

Don't: Overindulge in alcohol or highly processed foods, as these can interfere with your medication and overall health goals.



9. Report Any Side Effects

Do: Inform your healthcare provider immediately if you experience any side effects such as digestive changes, fatigue, or unusual sensations.

Don't: Ignore new or concerning symptoms, even if they seem minor.

Note: Please stop these drugs one week prior to any surgery