
Semaglutide Tips for Success

Semaglutide reduces your appetite and makes you feel fuller for longer periods of time. It also keeps you in fat-burning mode. Semaglutide targets fat cells and regulates blood sugar.

There are no food restrictions. However, if you are not eating a healthy diet, you will not feel good while on the diet. If you eat healthier, you will feel much better and have higher energy levels. We recommend incorporating proteins and nutrient-dense foods into your daily diet. While exercise is not mandatory with this program, we recommend you start to incorporate an exercise regime into your lifestyle because of the health benefits. If you aren't used to exercising, walking can be the perfect way to start.

The physical benefit of semaglutide is that it WILL reduce your appetite and make you feel fuller, so you eat less. Another major benefit of the semaglutide diet program is that you may reduce your risks of other health issues such as: high blood pressure, high cholesterol, insulin resistance, and prediabetes.

Other Benefits Include:

- Physical hunger is decreased
- Better sleep
- Higher energy levels
- Helps with insulin pathways and blood sugar levels
- Motivation to lead a healthier lifestyle and stay fit
- On average, you can expect to lose 10-15% of your body weight

Eat Smaller Portions More Often

Semaglutide will make you feel full on less food, so plan to eat small meals throughout the day. If you eat too much in one sitting, you can end up with nausea, heartburn, or other unpleasant GI issues. And always keep some over-the-counter medicines at hand in case you need them.

Concentrate on Eating More Slowly

It takes your brain 15 minutes or more to register that you've eaten. That's why it's important to take your time while eating and chewing food thoroughly. Concentrate on slowing down and taking a moment between each bite.

Avoid Foods That May Cause Side Effects

While no food is off-limits when taking semaglutide, certain foods can also cause side effects. These include greasy fried food, processed food, and food with added sugar. These can be the toughest for your body to digest — and the most likely to cause nausea while taking semaglutide.

Drink LOTS of Water

You know the importance of drinking enough water — it's vital for all your bodily processes. But it becomes even more important while taking semaglutide, as staying hydrated can stave off nausea that some people experience on this medication. Try to get in a minimum of 80 ounces of water a day. And just like with calories, many apps are available to track this.

Keep Alcohol to a Minimum — or Eliminate Completely

Alcohol can irritate your stomach while you're taking semaglutide. It can also influence your blood sugar levels — which may drop too low when alcohol is combined with semaglutide. Also, when you drink alcohol while taking semaglutide, you risk developing pancreatitis (although this is rare).

Aim to Lose One to Two Pounds Each Week

This program isn't a quick-fix diet — it provides healthy weight loss at a rate of one to two pounds per week. If you lose over three pounds per week (considered rapid weight loss), you may be at risk for developing gallstones. We recommend eating 1200-1500 calories a day. To start, you may want to track your calories on an app to ensure you're eating enough.

Move as Much as You Can

Regular exercise is vital for good health, with or without semaglutide. But getting in more movement while on semaglutide can help you achieve better results — and keep those results after you've lost weight. The best way to get more movement in is to start walking more. You can even use a step counter on your phone or watch to keep track of how you're doing.