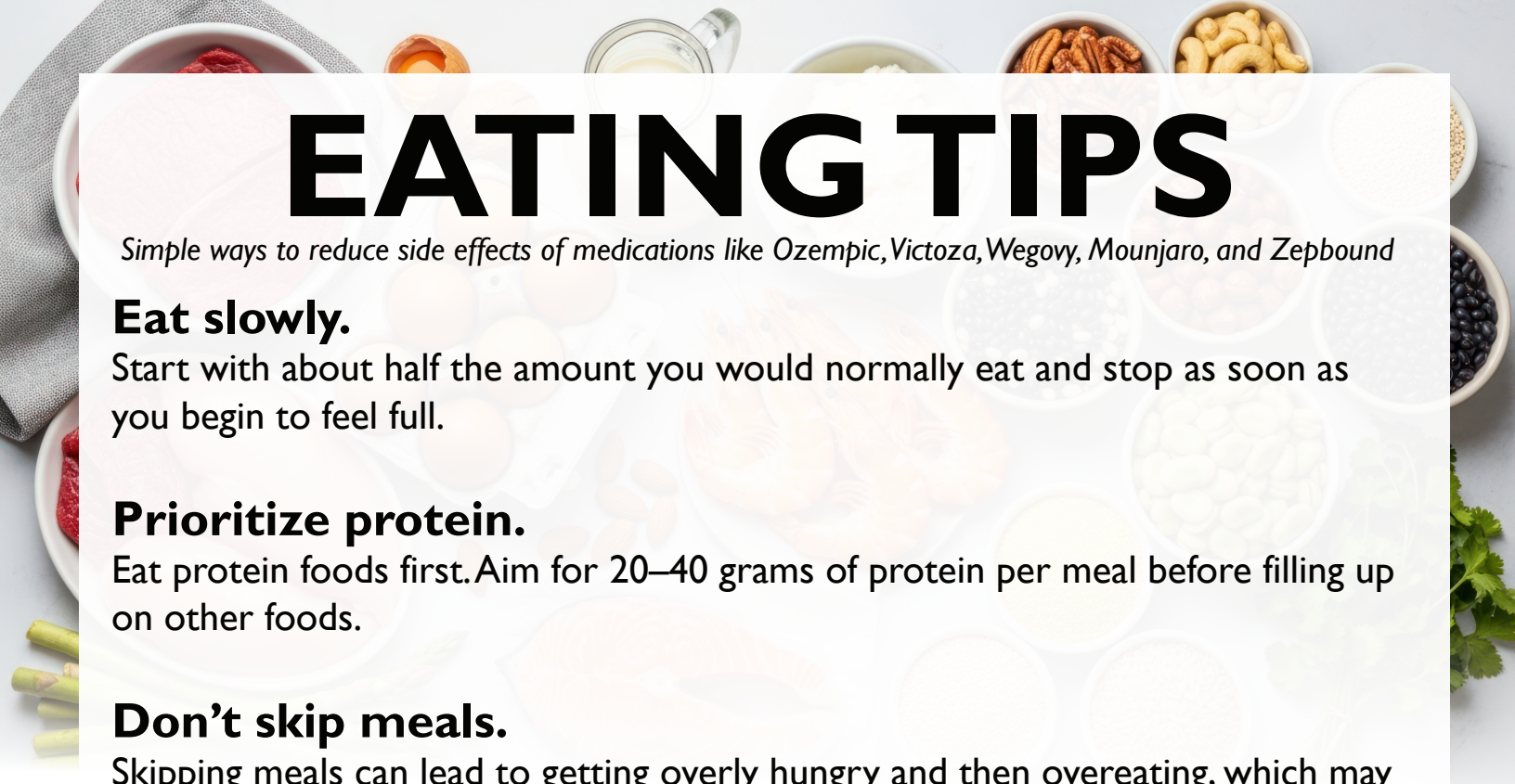




EATING TIPS

Simple ways to reduce side effects of medications like Ozempic, Victoza, Wegovy, Mounjaro, and Zepbound

Eat slowly.

Start with about half the amount you would normally eat and stop as soon as you begin to feel full.

Prioritize protein.

Eat protein foods first. Aim for 20–40 grams of protein per meal before filling up on other foods.

Don't skip meals.

Skipping meals can lead to getting overly hungry and then overeating, which may cause abdominal pain or nausea. Try to eat every 3–6 hours, even if you're not very hungry.

Stay hydrated.

Drink water throughout the day—between meals, not during. Avoid carbonated drinks, sugary beverages, and alcohol, as they may worsen side effects.

REDUCING SIDE EFFECTS

Diarrhea

- Reduce fatty or high-sugar foods
- Add fiber
 - Psyllium husk
- Try a sugar-free electrolyte drink

Headache

- Increase fluid intake
- A sugar-free electrolyte drink may help

Acid Reflux

- Avoid your trigger foods
- Finish meals at least 2 hours before bedtime
- An antacid may help
 - Tums/Rolaids/Mylanta

Constipation

- Drink more fluids
- Consider adding a fiber supplement
 - Benefiber/Metamucil Clear

Nausea

- Sip fluids slowly
- Avoid carbonated drinks
- Limit high-fat foods
- Broth may be easier to tolerate



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