



capitahealth

METABOLIC AND
WEIGHT LOSS CENTER

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IN THIS ISSUE

- Weight Loss Medications and Nutrition
- Recipe of the Month



WEIGHT LOSS MEDICATIONS AND NUTRITION

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There are many tools available for weight loss, but good nutrition and a healthy lifestyle will always be important factors for success. With the increasing popularity of weight loss medications, it is important for people who use them to understand that while weight loss medications can help to reduce cravings and appetite, a change in eating habits is necessary as well.

Some common weight loss medications currently in use are Wegovy, Zepbound, Saxenda, Qsymia, and Contrave. If you or someone you know is considering any of these options, be aware of the following adjustments you'll need to make.

When to Eat: Weight loss medications decrease hunger levels, which may cause users to forget to eat or skip meals. This can lead to an up-and-down appetite and not getting enough nutrition. To maintain a consistent appetite and proper nutrition, having smaller, more frequent meals is a helpful strategy. It is recommended to

continued on page 2



What's Happening this Month:

* Make sure to download the Baritastic app and join using our Capital Health code (76777). Use the app to log your food and get recommendations from your dietitian, be reminded of program events and updates, and access recipes!

* Our Bariatric Support Group for post-weight loss surgery patients is **Monday September 30 from 6–7 p.m.** All support groups are held virtually, so please check the Baritastic app, our online support group or your e-mail (check junk mail!) for the link to access, or message your dietitian to receive the link.

* If you had surgery and are not a member of our Post-Op Online Support Group, the Capital Health D.R.E.A.M. Team, please send an email to esantora@capitalhealth.org so Caroline can send you the link and accept your request. This is a great way to obtain support from our program and other post-op patients in our program, 24/7!

* Are you or someone in your life thinking about weight loss surgery? Schedule a virtual information session with our Bariatric Surgeon Dr. Chung on Tuesday, September 10, at 7 p.m. To register, visit capitalhealth.org/weightloss or call our office to speak to Brelynn, our coordinator, at 609.537.6777.

* For individuals interested in weight loss without surgery, or for bariatric patients experiencing weight regain, try our Medical Weight Loss Program! This program features Robard's great tasting New Direction Products! Weekly visits with our dietitians help you develop an individualized plan and lifestyle skills to help you lose weight and keep it off! To get started, call our office at 609.537.6777 to schedule your screening with Dr. Anwar.

WEIGHT LOSS MEDICATIONS AND NUTRITION *(continued)*



have breakfast within two hours of waking and a small meal every 3–4 hours throughout the day.

What to Eat: Focusing on protein intake while working to lose weight helps to maintain muscle mass and target fat loss. If you don't get enough protein, you could end up losing more muscle. If you find yourself getting full very quickly when eating, it can be a good practice to eat your protein first to ensure you get what you need. Try to incorporate lean protein at all meals and snacks by adding choices like fish, meat, eggs, dairy, beans, legumes, nuts, and seeds. It is also important to include fruits, vegetables, and whole grains with meals as well. For individualized recommendations for protein and other food groups, please make an appointment with one of our dietitians.

How to Eat: It is best to eat slowly while on weight loss medication. Because weight loss medication reduces our appetite, we want to pay more attention to when we start feeling full to prevent overeating. It takes our brain 20 minutes to tell us we are feeling full. If we eat quickly, we can eat more than we really need and can end up feeling too full. Stop eating at the first signs of fullness. Using smaller plates and bowls can also help to decrease portion sizes.

Hydration: Staying hydrated in general is important, but it is especially true while taking weight loss medication. You should also avoid beverages with added calories and added sugar, such as regular soda, coffee drinks, juices, and alcohol. These types

of beverages are not good for hydration and are not nutritious sources of calories. For adequate hydration, it is best to get at least 64 ounces of caffeine-free, calorie-free fluid each day.

Exercise: This is an important part of any weight loss effort. Exercising regularly helps you lose weight and keep it off. Before getting started, talk to your doctor or dietitian to address any concerns you may have that could limit your routine. Then start small and build up slowly, finding exercises that you enjoy and can do long-term. It is beneficial to do a variety of exercises that include strength training, cardio, and balance.

Managing Side Effects

Diarrhea/Stomach Upset: Eating foods that are fried, greasy, or high in fat and sugar when taking weight loss medication can cause unwanted gastrointestinal side effects, including stomach upset or diarrhea. Avoid foods that overly spicy, as they can cause stomach discomfort as well. Getting adequate hydration (drinking non-carbonated and caffeine-free options) can also help prevent nausea and stomach pain.

Constipation: This is another common side effect of weight loss medication. As always, proper hydration goes a long way to help, but you also need to pay attention to your fiber intake. The daily goal for fiber should be at least 14 grams for every 1,000 calories eaten. If you are struggling to get enough fiber while on weight loss medication, or if you're interested in a fiber supplement, talk to your doctor or dietitian. Physical activity also helps to prevent constipation.



