

# Eating well to thrive

## Anti-Obesity Medication ("AOM") Diet

About 1 in 8 U.S. adults (around 6%) have tried medications such as Ozempic™, Wegovy™, or similar injectables that are often used for weight loss management. This trend highlights a growing interest in such medications as a tool for weight loss management, especially among those with obesity or related health conditions.

For individuals taking anti-obesity medications (AOMs) for weight loss (e.g., Ozempic, Zepbound™, Wegovy), maintaining a high-quality, nutrient-rich diet is essential to their success. While these medications may reduce appetite, one potential side effect is malnourishment. You can minimize this risk and support your journey with the Good Food. Real Results.™ program



### Nutrient intake

AOMs medications can suppress appetite, leading to reduced food consumption. The Good Food. Real Results.™ program helps you balance your plate to ensure that you are eating nutrient-dense meals with the right amounts of protein, healthy fats, complex carbohydrates, vitamins, and minerals. A well-balanced diet prevents deficiencies that can affect energy, immune function, and overall health. Adding a quality multivitamin and calcium with vitamin D can provide extra insurance to avoid becoming malnourished.

### Muscle preservation

Weight loss can result in muscle loss. To counteract this, you should do two things. First, consume adequate protein to preserve muscle mass. Protein supports the function of your muscles and organs, and helps maintain overall strength and health. The Good Food. Real Results.™ program gives you enough protein to limit muscle loss. Second, incorporating 210 minutes of weekly exercise, with a mix of aerobic activities (like brisk walking) and strength training (like weightlifting), is key to retaining muscle while losing weight.

### Energy levels

With reduced hunger, it's important to focus on meals that provide long-lasting energy. Whole grains and healthy fats support sustained energy levels. Recipes in the Good Food. Real Results.™ program are designed with low glycemic index ("GI") foods, that provide steady energy by releasing energy-yielding glucose slowly over several hours. These low GI foods include whole grains (oats, quinoa, and whole wheat) and legumes (chickpeas, black beans).

### Digestive health

Some individuals on AOMs medications experience digestive side effects like nausea or constipation. Eating fiber-rich foods and staying hydrated can help manage these symptoms and promote digestive health.

**Note:** Epicure does not endorse AOMs anti-obesity medications. The Good Food. Real Results.™ program is the perfect companion diet for people on AOMs, according to guidance set forth by medical professionals Almandoz JP, Walden TA, Tewksbury C, et al. Explore our nutritional comparisons chart [here](#). The above guidance is provided only as a recommendation. (based on this 2024 report) for individuals taking anti-obesity medications (AOMs) as prescribed by a healthcare professional. Always consult with your doctor before starting any dietary plan.