



*Lilly*

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## **Healthy eating while on obesity management medications**

# What is obesity?

Obesity is a treatable chronic (long-term) disease in which excess body fat can lead to health-related problems. Obesity can have many different causes, such as genetics (family history) or factors in the environment. In obesity, the hormones or signals that regulate hunger and fullness may not work as well as they should.

Your doctor or other healthcare professional may prescribe you an obesity management medication along with a plan for healthy eating and physical activity, to help reduce excess body weight and improve your health.

## Obesity management medication

Obesity management medications can lead to weight loss in a number of ways. They can help reduce hunger and food cravings and increase feelings of fullness. Overall, you may eat less when taking obesity management medication. It is important to eat foods that help you get all the nutrients you need.

You may experience some common side effects while on obesity management medication, like nausea or vomiting, which may also reduce your food intake.



If you lack the nutrients (for example, protein, fiber, vitamins, and minerals) your body needs to function, you may experience symptoms like:



**Tiredness  
and fatigue**



**Mood  
changes**



**Muscle  
weakness**



**Tingling  
in feet**



**Changes in  
skin or hair**



**Talk to your doctor or other healthcare professional for help regarding healthy food choices.**

## Are you eating healthy?

As you prepare to talk with your doctor or other healthcare professional, think about your eating habits during a typical day in the past week. List any foods and beverages you consumed on that day in the table below.



### 24-Hour Diet Recall

Time	Meal and beverage	Notes
<b>Breakfast</b>	1 cup Greek yogurt, 1/2 cup mixed berries, 1/2 whole-grain English muffin, 1 Tbsp peanut butter, black coffee	
<b>Snack</b>		
<b>Lunch</b>		
<b>Evening snack</b>		
<b>Dinner</b>		

# Reflecting on a typical day in the last week, consider the following questions:

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During a typical day, how often do you consume foods high in protein, such as lean meat, chicken, eggs, seafood, beans, nuts, seeds or tofu? Which protein foods do you enjoy most?

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During a typical day, how often do you consume fruits and/or vegetables? What fruits or vegetables do you enjoy?

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During a typical day, what types of beverages do you tend to choose?

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Are you taking any dietary supplements such as multivitamin, currently not prescribed by your doctor or other healthcare professional?

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Have you implemented any changes to your routine eating habits over the past few weeks? Are there any changes you would like to make to your eating habits?

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# Reflecting on a typical day in the last week, consider the following questions:

Are there any factors that make it challenging for you to meet your healthy eating goals? (Examples may include cost or availability of healthy foods, limited time for food preparation, different food preferences within the family, medication side effects such as nausea, etc)

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Since starting on an obesity management medication, are there any other changes that have impacted your well-being? (Examples include changes in energy levels or mood, or changes in relationships with others)

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Let your doctor or other healthcare professional know about challenges you may be facing during your weight management journey. Consider bringing a family member or friend for support.

Your doctor or other healthcare professional may be able to provide additional resources to support you, such as a referral to a dietitian, counselor, or support group.



## Questions to ask my doctor or other healthcare professional:

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2. 

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3. 

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4. 

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# Healthy eating for a healthy body

What you eat can affect your entire body, including your heart, skin, bones, and mood. Your body needs nutrient-rich food to be at its best. Choosing lean protein foods, adding more fruits and vegetables, and including more whole grains are all ways you can eat healthier.

It is also important to consume adequate fluids, such as water, low-calorie beverages such as unsweetened tea or coffee, or nutrient-rich beverages such as low-fat milk or soy milk.



## The ‘healthy eating plate’ approach:

To eat healthy, choose a mix of healthy foods at every meal.

1. Divide your plate into 4 equal sections.
2. Fill one section (1/4 of the plate) with lean protein foods.
3. Fill two sections (1/2 of the plate) with non-starchy vegetables and fruits.
4. Fill the remaining section (1/4 of the plate) with healthy grains or starchy vegetables.



# Recommendations for nutrient-rich foods to help you feel your best while you are taking obesity management medications





A healthy eating plan can help you meet your nutritional needs. Healthy foods contain nutrients like protein, healthy fats, or fiber while being low in added sugars or salt.

Some examples of foods rich in protein, healthy fat, and fiber are shown below.

Food Type	Name	Protein	Healthy Fat	Fiber
	Salmon	✓	✓	
	Oatmeal (With Skim Milk or Soy Milk)	✓		✓
	Legumes and Beans	✓		✓
	Leafy Greens			✓
	Avocado		✓	✓
	Fruits			✓
	Chicken and Turkey	✓		

# Recommendations for nutrient-rich foods to help you feel your best while you are taking obesity management medications

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Food Type	Name	Protein	Healthy Fat	Fiber
	Quinoa	✓		✓
	Low-Fat Milk Products	✓		
	Eggs	✓		
	Nuts and Seeds	✓	✓	✓

The foods above are also good sources of certain vitamins and minerals. Vitamins are essential nutrients the body needs in small amounts to function properly, and we get most of them from the foods we eat. Similarly, minerals, which come from soil and water, are also obtained through food and are crucial for many bodily functions, such as building bones and maintaining heart and muscle health. Together, vitamins and minerals support overall health and help the body function at its best.



# Get ready for your next visit

Work with your doctor or other healthcare professional to complete the section below. Together, you can set realistic goals to stay healthy while managing your weight with an obesity management medication. This will help achieve a healthier, more active lifestyle.



Healthy Habits	Steps I Will Take	My Progress
Healthy eating		
Physical activity		
Healthy sleep habits		
Manage stress		
Taking medications as prescribed		

**Consider sharing your plans with a friend or family member who can support your efforts.**



## Foods to choose more and less often for better health

Foods and Beverages	Choose more often	Choose less often
<b>Proteins</b>	<ul style="list-style-type: none"><li>▪ Beans, peas, lentils, nuts, seeds, tofu, and other soy products</li><li>▪ Egg</li><li>▪ Low-fat dairy milk and some nondairy milks (ie, those made with soy or pea protein)</li><li>▪ Fish (fresh, frozen, or canned in water), shellfish, and other seafood</li><li>▪ Chicken and turkey (white meat, without skin)</li><li>▪ Lean meat, lean pork, such as tenderloin and loin chop</li></ul>	<ul style="list-style-type: none"><li>▪ Breaded fish sticks and cakes, fish canned in oil</li><li>▪ Seafood prepared with butter or served in high-fat sauce</li><li>▪ Prime and marbled cuts of meat, pork spare ribs and bacon</li><li>▪ Pepperoni, salami, bologna, and liverwurst</li><li>▪ Processed meats like hot dogs, cold cuts, and sausage</li><li>▪ Red meat</li></ul>
<b>Grains and starchy vegetables</b>	<ul style="list-style-type: none"><li>▪ Whole-grain breads, pasta, and crackers</li><li>▪ Soft tortillas (corn or whole wheat)</li><li>▪ Whole-grain cereal, oatmeal, and low-fat granola</li><li>▪ Brown rice</li><li>▪ Baked white or sweet potato</li><li>▪ Pretzels (unsalted) and popcorn (unbuttered)</li></ul>	<ul style="list-style-type: none"><li>▪ Croissants, rolls, biscuits, and white breads</li><li>▪ Doughnuts, pastries, and scones</li><li>▪ Sugar-sweetened cereals</li><li>▪ Potato chips, corn chips, and buttered popcorn</li><li>▪ White rice, white pasta</li></ul>

# Foods to choose more and less often for better health

Foods and Beverages	Choose more often	Choose less often
<b>Beverages</b>	<ul style="list-style-type: none"> <li>▪ Aim for at least 2-3 liters (64-100 oz) of fluids per day</li> <li>▪ Add lemon, cucumber slices, mint, or other herbs or fruit to your water for a refreshing twist</li> <li>▪ Low-calorie beverages like seltzer, or unsweetened tea or coffee</li> <li>▪ Nutrient-rich beverages like low-fat milk, soy milk, or 100% fruit juice</li> </ul>	<ul style="list-style-type: none"> <li>▪ Sugar-sweetened beverages, fruit juice with added sugar</li> <li>▪ Alcohol</li> <li>▪ Caffeine-containing drinks, soft drinks, sports drink, and energy drink</li> </ul>
<b>Fruits and vegetables</b>	<ul style="list-style-type: none"> <li>▪ Raw, steamed, grilled, boiled, or baked vegetables</li> <li>▪ Fresh fruits</li> </ul>	<ul style="list-style-type: none"> <li>▪ Vegetables served with cream, cheese, or butter sauces</li> <li>▪ Fruits served with cream cheese or sugary sauces</li> <li>▪ Fried potatoes, including french fries, hash browns, and potato chips</li> </ul>
<b>Dairy products</b>	<ul style="list-style-type: none"> <li>▪ Low-fat or fat-free milk, or nondairy milk made with soy or pea protein</li> <li>▪ Low-fat yogurt or nondairy yogurt made with soy or other plant proteins</li> <li>▪ Low-fat natural cheese or hard cheese</li> </ul>	<ul style="list-style-type: none"> <li>▪ Whole milk, regular buttermilk</li> <li>▪ Regular cottage and cream cheese, including American, blue, brie, cheddar, colby, and parmesan</li> <li>▪ Ice cream</li> </ul>
<b>Fats and oils</b>	<ul style="list-style-type: none"> <li>▪ Vegetable oils like olive oil, canola oil, and soybean oil</li> <li>▪ Avocado</li> <li>▪ Fatty fish and seafood, nuts, and seeds are good sources of healthy fat, along with protein</li> <li>▪ Light salad dressing</li> </ul>	<ul style="list-style-type: none"> <li>▪ Shortening, butter, and margarine</li> <li>▪ Regular mayonnaise and salad dressings</li> <li>▪ Butter or animal fat to grease pans</li> <li>▪ Fried foods and fatty meats</li> </ul>