

Practical Evidence-Based Nutrition Recommendation for Patients Receiving Obesity Management Medication



Patients treated with obesity management medications (OMMs) typically have reduced energy intake through the medications' effects on hunger, fullness, and food cravings. When beginning OMM treatment, clinicians should counsel patients on the importance of nutritionally complete diets and healthy energy sources.¹

Understanding Dietary Quality Informs Healthy Eating Practices²

The satiating effect of food depends not only on the amount consumed, but also on its quality and energy density.²

Recommendations for improving dietary quality^{1,3}:



Prioritize
nutrient-dense foods



Limit sugar-sweetened
beverages and foods
high in added sugars



Limit foods high
in saturated fats



Limit foods high
in sodium

In the US, Most Individuals Do Not Currently Meet Recommendations for a Healthy Dietary Pattern³

Energy requirements will vary depending on age, sex, body weight, and activity level, among other factors.

During weight reduction, recommended safe energy requirements are 1200-1500 kcal/day for women and 1500-1800 kcal/day for men.¹



Drinking at least 2-3 L of fluids per day is important to prevent dehydration and constipation.¹

- Consume water, low-calorie beverages, or nutrient-dense beverages
- Limit sugar-sweetened beverages, alcohol, and caffeine²

Macronutrient recommendations include^{1,3}:

Protein*

Consume at least 60-75 g protein per day (0.8-1.5 g/kg body weight per day). Consider higher protein intake for selected individuals.



Carbohydrates

Individualize in a healthy eating plan. Focus on foods that are minimally processed and do not contain added sugars.



Fat

Individualize in a healthy eating plan. Limit saturated and trans fat intake.



Fiber

Prioritize whole grains. Fiber supplements may be considered when individuals are unable to meet the recommended dietary intake with food alone.



These recommendations are provided by the US Department of Agriculture and the US Department of Health and Human Services.

*Based on a 1200-1500 kcal/day intake.






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Optimal Nutritional Status Also Relies on the Proper Balance of Vitamins and Minerals¹

Vitamins and minerals needed by the body in small amounts are known as *micronutrients*.

- Potassium, calcium, and vitamin D insufficiency have been identified as a US public health concern³
- Individuals with obesity may also have deficiencies in folate, thiamin, iron, zinc, calcium, magnesium, and vitamins A, B12, C, D, and E⁴⁻⁸
- Deficiencies in vitamins and minerals can lead to a range of health problems varying in severity depending on which nutrient

Dietary Sources of Commonly Deficient Micronutrients¹

Green, leafy vegetables and fruits	Whole grains and fortified cereals	Nuts, seeds, beans, peas, and lentils	Milk and dairy products	Meat, seafood, and poultry
Vitamin A Vitamin C Potassium Folate Iron Vitamin E Magnesium 	Thiamin Vitamin D Zinc Folate Vitamin B12 Iron 	Magnesium Potassium Folate Thiamin Vitamin E (nuts) Iron Zinc 	Calcium Vitamin A (fortified) Vitamin D (fortified) Magnesium Vitamin B12 Potassium Zinc 	Iron Zinc Vitamin B12 Vitamin D (fatty fish) Thiamin (fish, pork) 

Treat pre-existing deficiencies and counsel on adequate micronutrient intake. Consider supplementation with vitamin D, calcium, and a complete multivitamin.

An Interdisciplinary Team Can Help Ensure Optimal Outcomes for Patients With Obesity^{1, 9-11}

Clinician^{1,*}



Assesses, diagnoses, treats, and arranges follow-up care for patients with obesity

Dietitian



Provides nutritional therapy to improve dietary quality and health and weight loss outcomes^{9,10}

Mental health professional¹¹



Supports patients' social and emotional needs during treatment, and advises on behavioral strategies to support a healthy lifestyle

Key Takeaways¹

- OMMs can impact energy intake, and a balanced diet should be promoted in conjunction with an OMM to optimize weight and health outcomes
- Nutritional deficiencies can exist in patients with obesity
- Balanced nutrition is an important aspect of health and disease management

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*Clinician may also refer to the primary care team or an obesity medicine specialist.