



## **Importance of Protein while on Semaglutide**

If you're using semaglutide to support weight loss, protein becomes an especially important part of your nutrition plan. Not only does it help preserve muscle mass, but it also supports energy, satiety, and overall health.

### **Protein Helps You Stay Full**

Semaglutide helps with weight loss by reducing appetite and promoting early fullness. Protein naturally enhances this effect by making meals more satisfying.

**Try this:** Include a source of high-quality protein—like lean meats, eggs, or legumes—in every meal to help manage hunger between meals.

### **Preserving Muscle While Losing Fat**

As you lose weight, it's not just fat that's at risk—muscle can be lost too. Maintaining protein intake is key to preserving lean body mass.

**Goal:** Aim for **1.2 to 1.6 grams of protein per kilogram of body weight per day** (your needs may vary based on age, activity level, and goals).

### **Protein and Semaglutide Side Effects**

Nausea or digestive discomfort are common, especially when starting semaglutide. This may make eating enough protein feel challenging.

#### **Helpful tips:**

- Choose gentler protein options like Greek yogurt, soft eggs, or flaky fish.
- Eat smaller meals more often to avoid overwhelming your stomach.

## Smaller Meals Still Need Protein

Because semaglutide reduces appetite, you may find yourself eating less. That makes it even more important to make every bite count.

### Smart swaps:

- Snack on protein-rich foods like string cheese, nuts, or edamame.
- Add tofu, turkey, or cottage cheese to small meals.

## Timing Matters

Spacing out your protein intake during the day—not just loading up at dinner—helps with muscle maintenance and feeling full.

### Protein target per meal: 20–30 grams

Examples:

- Breakfast: Scrambled eggs with low-fat cheese
- Lunch: Grilled chicken wrap with hummus
- Dinner: Salmon with roasted vegetables
- Snacks: Greek yogurt, protein shake, hard-boiled eggs

## Focus on Lean, High-Quality Sources

You want protein without excess saturated fat, especially with smaller meals. Prioritize nutrient-dense choices.

### Top picks:

- Chicken breast, turkey
- Eggs and low-fat dairy
- Fish like salmon or cod
- Legumes, tofu, or tempeh
- Protein shakes (watch for added sugars)

## Summary: Protein Guidelines on Semaglutide

**Daily intake:** 1.2–1.6g protein per kg of body weight

**Spread intake** across meals and snacks

**Choose lean, digestible options**, especially if you're feeling nauseated

**Prioritize muscle preservation** during weight loss

**Work with a dietitian** for personalized advice

Making protein a priority while on semaglutide can help you reach your goals while supporting your body's strength and health.