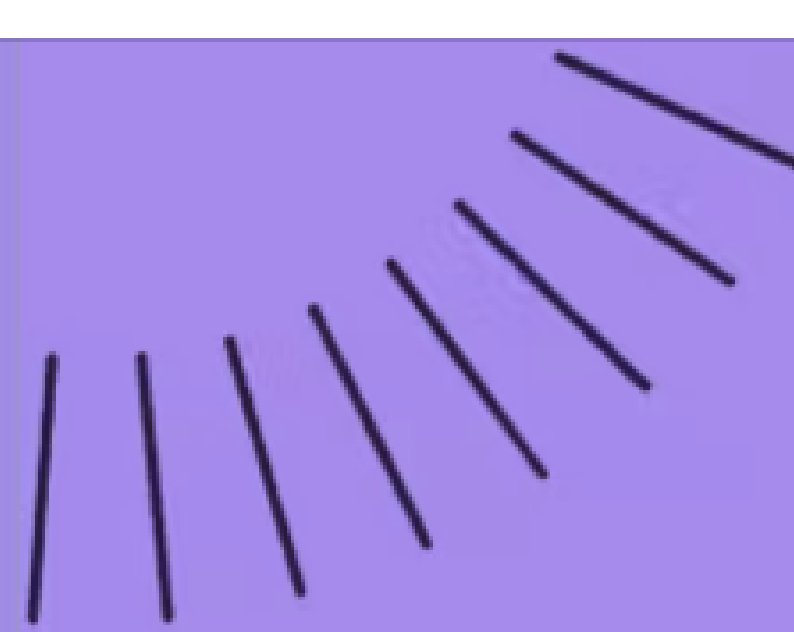


Ozempic®: Foods to avoid while taking semaglutide



Wondering whether you need to stick to a special diet when taking [Ozempic®](#)? There are no hard and fast rules for what you can and can't eat while taking Ozempic, a GLP-1 medication that's prescribed for type 2 diabetes and for weight loss. No foods are strictly "off-limits" when taking Ozempic®—in other words, there's nothing to worry about that could prevent the medication from working normally.

However, there are a few guidelines you'll want to keep in mind in order to maximize weight loss and improve [metabolic health](#) while taking Ozempic®. Read on to learn more.

How does Ozempic® work?

Ozempic® (semaglutide) is an FDA-approved GLP-1 medication manufactured by Novo Nordisk, the same company that makes Wegovy®. It is a once-weekly prescription medication that is administered by subcutaneous injection.

Ozempic® works by mimicking the incretin hormones that your body naturally produces when you eat food.

Incretin hormones are gut hormone signals released by the small intestine that travel throughout the body, signaling the brain, endocrine system, and gastrointestinal system that food has been consumed and is ready to be metabolized by the body for fuel. This results in a complex cascade of hormones and neurotransmitters that work together to communicate feelings of satiety (or feeling full).

GLP-1 (glucagon-like peptide-1) is one such incretin hormone, but it does more than just influence satiety: It also plays an important role in the management of blood sugar levels and can improve blood sugar levels in people living with impaired glucose tolerance, prediabetes, or diabetes.

As a GLP-1 receptor agonist, Ozempic® works by imitating the effects of the GLP-1 hormone produced naturally in your body. In those with [type-2 diabetes](#) or those living with overweight or obesity, natural GLP-1 production may be lower or less effective than normal. By injecting Ozempic® once weekly under the care of a physician, blood glucose levels are more easily controlled.

Like other GLP-1s—such as Saxenda®, Wegovy®, and Rybelsus®—Ozempic® is a medication that makes it easier to lose weight and stick to healthy habits. However, it doesn't produce weight loss on its own: It must be used in combination with other tactics to support metabolic health and avoid weight regain. These tactics may include modifications to what you eat, how and when you exercise, and other healthy lifestyle changes.

Calibrate's [One Year Metabolic Reset](#) combines GLP-1 medication with evidence-based lifestyle recommendations—the Four Pillars of Metabolic Health—to help participants maximize their success with Ozempic®. These pillars include:

- ▶ Food
- ▶ Sleep
- ▶ Exercise
- ▶ Emotional health

By learning to eat more whole foods and fewer fast-digesting carbohydrates, improving sleep quality, participating in exercise that you actually enjoy, and managing stressors, you're setting up both your mind and body for real results. With this foundation in place, Ozempic® can work even more effectively to reduce high blood sugar and help you lose weight.

Who is eligible for Ozempic®?

All Calibrate members will be considered for Ozempic® as clinically appropriate and insurance eligible. Those with a history of any of the following medical conditions should talk to a healthcare provider prior to starting Ozempic®:

- ▶ Endocrine tumors in the thyroid, parathyroid, pituitary, pancreas, or adrenal glands
- ▶ A family history of Multiple Endocrine Neoplasia type 2 (MEN2)
- ▶ A history of diabetic retinopathy or vision problems
- ▶ Pancreatitis
- ▶ Active gallbladder disease
- ▶ Kidney disease, kidney failure, or other kidney problems
- ▶ Gastrointestinal issues
- ▶ Thyroid cancer, thyroid tumors, or a family history of thyroid cancer
- ▶ Pregnant, breast-feeding, or trying to get pregnant
- ▶ Heavy alcohol consumption

Can I take Ozempic® with metformin or other diabetes medications?

Metformin and Ozempic® (semaglutide) are safe to take together and are often prescribed together for type 2 diabetes and weight management.

Talk to your Calibrate doctor if you have any questions or concerns about taking Ozempic® with other prescription drugs, supplements, or over-the-counter medications.

Should I make changes to my diet while taking Ozempic®?

In order to maximize your results with Ozempic®, you will need to make changes to your day-to-day lifestyle. This includes modifying what you eat and, in particular, swapping out fast-digesting carbohydrates for foods that provide a more sustainable energy source (such as foods rich in protein, fiber, and healthy fats).

The food program at [Calibrate](#) creates a healthy, sustainable way of eating that promotes weight loss and sets you up for long-term health. Calibrate does this by focusing on the quality of foods and making sure your body is getting the building blocks it needs while helping you to feel in-control.

Importantly, the Calibrate food program is not a diet: We do not use meal replacements or meal plans. We don't try to restrict your eating. Instead, we help you rebalance it.

Calibrate's food philosophy will help you achieve the following outcomes:

1. Limit disease-promoting foods: eating less sugar, fast-digesting carbs, and processed foods.
2. Increase health-promoting foods: eating more quality foods in the right proportions.
3. Develop an overall healthy relationship with food.

Can certain foods make Ozempic® side effects worse?

Most people taking Ozempic® experience [few side effects](#). However, the most common side effects are mild and tend to improve with time. Some common side effects of Ozempic® include:

- ▶ Nausea
- ▶ Diarrhea
- ▶ Vomiting
- ▶ Constipation
- ▶ Stomach (abdomen) pain
- ▶ Bloating, burping, or gas
- ▶ Injection site pain

The side effects that patients often report are mild stomach pain and nausea. The good news is, you can prevent or at least lessen these side effects by paying attention to what you eat.

Fried foods and fatty foods, such as fast food, and foods high in sugar tend to be the toughest for your body to digest and the most likely to cause nausea while taking a GLP-1 medication. According to the manufacturer, patients taking Ozempic® who experience nausea should consider the following tips:

- ▶ Eat slowly, and eat smaller meals
- ▶ Eat foods that are light and bland
- ▶ Drink clear or ice-cold drinks (like water or unsweetened tea)
- ▶ Avoid fried, greasy, or sweet foods

Talk to your Calibrate doctor about any side effects that become bothersome or that don't go away. Your Calibrate Medical Team can offer recommendations and supportive care for any issues that arise. If you experience any severe side effects, such as anaphylaxis or shortness of breath, seek immediate medical care from a healthcare professional.

Ready to get started? [Find out if you're eligible today.](#)



Calibrate

We're a modern, medical approach that combines doctor-prescribed medication with 1:1 accountability coaching—all personalized to your biology, your goals, and your life for a metabolic reset that lasts and 10% Weight Loss Guaranteed ([see terms](#)).

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