



# Eating Well While Taking Mounjaro<sup>®</sup> (Tirzepatide)

Information for people using Mounjaro for weight management

## WHY FOOD STILL MATTERS

Mounjaro helps reduce appetite and increase feelings of fullness. Because you may feel full more quickly, how you eat becomes more important than ever.

**Eating well while on Mounjaro helps to:**

- Reduce side effects like nausea and reflux.
- Protect muscle mass.
- Maintain energy levels.
- Support steady, healthy weight loss.





# HOW TO EAT WHILE TAKING MOUNJARO

## EAT LITTLE AND OFTEN

1

- Aim for 3 small meals per day
- Add 1-2 small snacks if needed
- Skipping meals can make nausea worse
- Stop eating as soon as you feel full – don't push past it.



# 2

## EAT SLOWLY

- 1 Take your time
- 2 Chew well
- 3 Pause during meals to check fullness



- Aim for 3 small meals per day.
- Add 1-2 small snacks if needed.
- Skipping meals can make nausea worse.
- Stop eating as soon as you feel full – don't push past it.





# 3

## INCLUDE PROTEIN AT EVERY MEAL

Protein helps protect muscle and keeps you feeling satisfied



### Good options

- Eggs
- Fish or chicken
- Lean meat
- Greek yogurt or cottage cheese
- Beans, lentils, tofu
- Milk or protein-enriched yogurt

### If your appetite is very low:

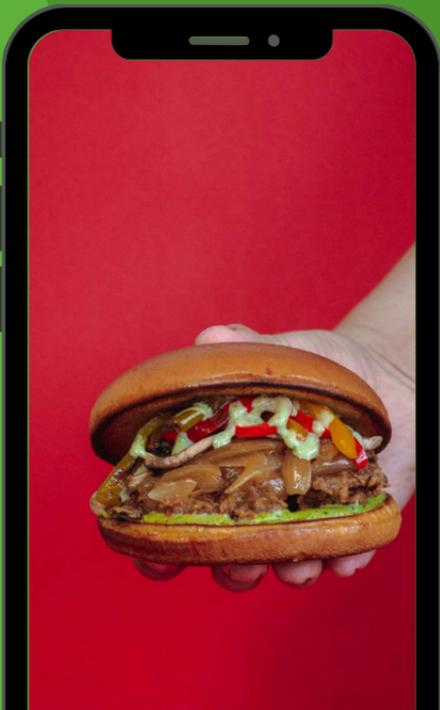
- Choose small protein snacks
- Sip a milk-based drink or yogurt slowly



# 4

## GO GENTLY WITH FATTY FOODS

High-fat foods are a common trigger for nausea on this medication



### Limit at first:

- ▶ Fried foods
- ▶ Takeaways
- ▶ Creamy sauces
- ▶ Pastries and chocolate

### Choose instead

- ▶ Grilled, baked or air-fried foods.
- ▶ Small amounts of olive oil or spreads.



# 5

## Choose easy-to-tolerate carbohydrates

Carbohydrates provide energy and are still important.

Often best tolerated:

01 Oats or porridge



02 Rice, pasta or potatoes



03 Toast or crackers



04 Fruit (especially bananas and berries)



### If feeling nauseous:

- Keep meals simple.
- Avoid very spicy or greasy foods.





# 6

## Prevent constipation

*Constipation is common with appetite-reducing injections.*

### Helpful tips:

- 1 Drink fluids regularly.
- 2 Increase fibre gradually (vegetables, fruit, oats).
- 3 Gentle movement like walking can help bowel movement.



*If constipation becomes uncomfortable, speak to your healthcare team.*

# 7

## Drink enough fluids



- Sip fluids between meals, not during.
- Aim for pale-coloured urine.
- Still water or squash may be better than fizzy drinks.

## Alcohol

- Alcohol may feel stronger than before
- Can worsen nausea and reflux
- Best avoided, especially during dose increases





# 8

## What to eat on a nauseous day?

*(When appetite is very low or you feel sick)*

Choose small, plain foods and eat slowly:

- Dry toast or crackers
- Porridge or Ready Brek
- Rice or pasta with a little sauce
- Banana or stewed fruit
- Yogurt or fromage frais
- Soup (smooth or broth)



Helpful tips

- Take small bites
- Stop as soon as you feel full
- Sip fluids between meals
- Avoid greasy, spicy or very rich foods

*Even a few mouthfuls count -  
gentle eating is enough on  
these days.*





# 9

## Protein ideas (small portions work best)

*Try to include protein at each meal or snack.*

### ◆ Easy options:

- Eggs (boiled, scrambled, omelette)
- Greek yogurt or cottage cheese
- Milk or protein-enriched milk
- Cheese (small portions)

### ◆ Meals:

- Fish or chicken
- Lean mince
- Tofu or lentils
- Beans on toast

### ◆ Low appetite ideas

- Yogurt mixed with milk
- Small protein shake
- Smooth soup with added milk or lentils



*Protein helps protect muscle while losing weight.*



# What to expect?

## **Appetite Changes**

Appetite changes are normal.

## **Feeling full**

Feeling full quickly is expected.

## **Side effects**

Mild side effects usually improve after a few weeks.

## **Weight loss**

Weight loss should be gradual, not extreme.



# When to seek advice?

*Contact your healthcare team if you have:*

Ongoing vomiting

Difficulty keeping fluids down

Severe or worsening stomach pain

Rapid weight loss with weakness or dizziness





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## FINAL REMINDER....

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*Mounjaro works best when supported  
by regular, nourishing meals.  
Eating slowly, prioritising protein,  
and listening to fullness cues will help  
you feel well while losing weight*

