

HIGH-PROTEIN INTAKE AMPLIFIES TIRZEPATIDE-DRIVEN FAT LOSS AND LEAN-MASS PRESERVATION: A SINGLE-CENTRE RETROSPECTIVE STUDY IN ADULTS

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A retrospective study of 27 adults initiating tirzepatide 2.5 mg weekly found that a high-protein diet (≥ 1.6 g/kg/day) preserved and modestly increased fat-free mass while doubling fat loss compared to a standard-protein diet over four weeks.

KEY POINTS

- In the high-protein diet group, fat-free mass increased by a median of 1.6 kg (+3.2%) while fat mass decreased by 3.1 kg (-12.6%), whereas the standard-protein group lost 5.0 kg (-10.8%) of fat-free mass and 1.5 kg (-5.5%) of fat mass ($p=0.011$ for both comparisons)
- Both dietary groups achieved similar BMI reductions and showed comparable improvements in lipid profiles and glycaemic indices with no reported adverse events
- All participants received dietary counseling for a 500-kcal daily deficit and at least 150 minutes of weekly physical activity, with protein intake quantified from 7-day weighed food diaries
- The study was a single-centre retrospective analysis with 4-week follow-up; the authors state findings warrant confirmation in prospective controlled trials of longer duration
- Clinicians managing adults with obesity initiating tirzepatide may find these body-composition data relevant when counseling on dietary protein targets

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