



## Nutrition Barriers/Challenges Solutions

Parents with Kids	Finances
<ul style="list-style-type: none"> <li>• Carry Vitamins with them</li> <li>• Meal prep</li> <li>• Make extra dinner and portion it out</li> <li>• Set a schedule</li> </ul>	<ul style="list-style-type: none"> <li>• Get things from food banks</li> <li>• Follow meal plan w/resources they have</li> <li>• Partnering with MSHIELD</li> </ul>

Pop/Fast Food	Smoking Cessation
<ul style="list-style-type: none"> <li>• Calorie free flavoring to water</li> <li>• Change route to work</li> <li>• Start tracking food</li> <li>• No smoothies</li> <li>• Use salad kits</li> </ul>	<ul style="list-style-type: none"> <li>• Most likely will gain weight</li> <li>• Needs more time to lose before surgery</li> </ul>

Reduce Alcohol	Skipping Meals
<ul style="list-style-type: none"> <li>• Need to Log Calories</li> </ul>	<ul style="list-style-type: none"> <li>• Eat more often-every 4 hours</li> <li>• Leads to binge eating</li> </ul>

Non-Supporting Family	Weight Loss Plateau
<ul style="list-style-type: none"> <li>• Communicate triggers</li> <li>• Couples going through surgery together- males will lose faster</li> </ul>	<ul style="list-style-type: none"> <li>• Add weight training</li> <li>• Replace protein shake with protein filled foods</li> <li>• Refer to obesity medicine</li> </ul>

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