



Nutrition Barriers/Challenges Solutions

<p>Parents with Kids</p>	<p>Finances</p>
<ul style="list-style-type: none"> ● Carry Vitamins with them ● Meal prep ● Make extra dinner and portion it out ● Set a schedule 	<ul style="list-style-type: none"> ● Get things from food banks ● Follow meal plan w/resources they have ● Partnering with MSHIELD
<p>Pop/Fast Food</p>	<p>Smoking Cessation</p>
<ul style="list-style-type: none"> ● Calorie free flavoring to water ● Change route to work ● Start tracking food ● No smoothies ● Use salad kits 	<ul style="list-style-type: none"> ● Most likely will gain weight ● Needs more time to lose before surgery
<p>Reduce Alcohol</p>	<p>Skipping Meals</p>
<ul style="list-style-type: none"> ● Need to log calories 	<ul style="list-style-type: none"> ● Eat more often-every 4 hours ● Leads to binge eating
<p>Non-Supporting Family</p>	<p>Weight Loss Plateau</p>
<ul style="list-style-type: none"> ● Communicate triggers ● Couples going through surgery together-males will lose faster 	<ul style="list-style-type: none"> ● Add weight training ● Replace protein shake with protein filled foods ● Refer to obesity medicine