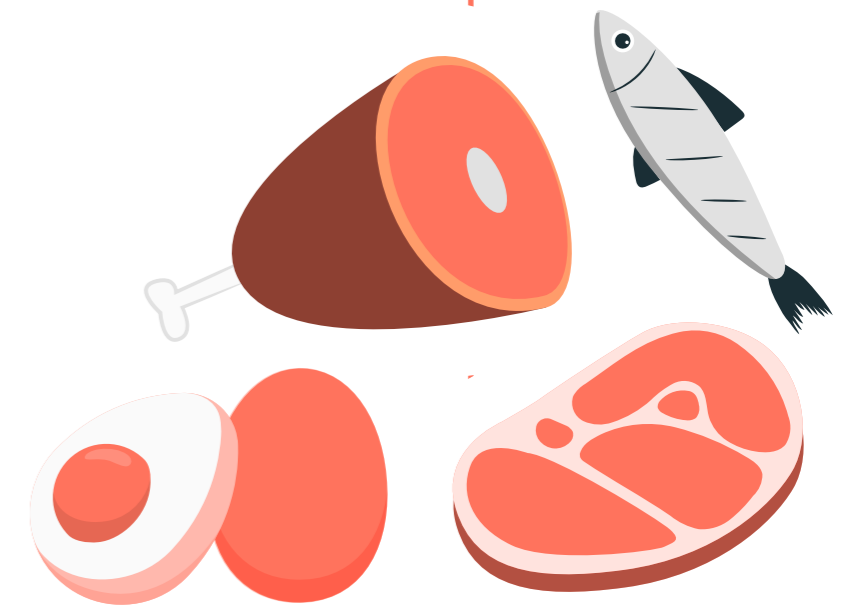


Dietary Considerations

For People With Paralysis

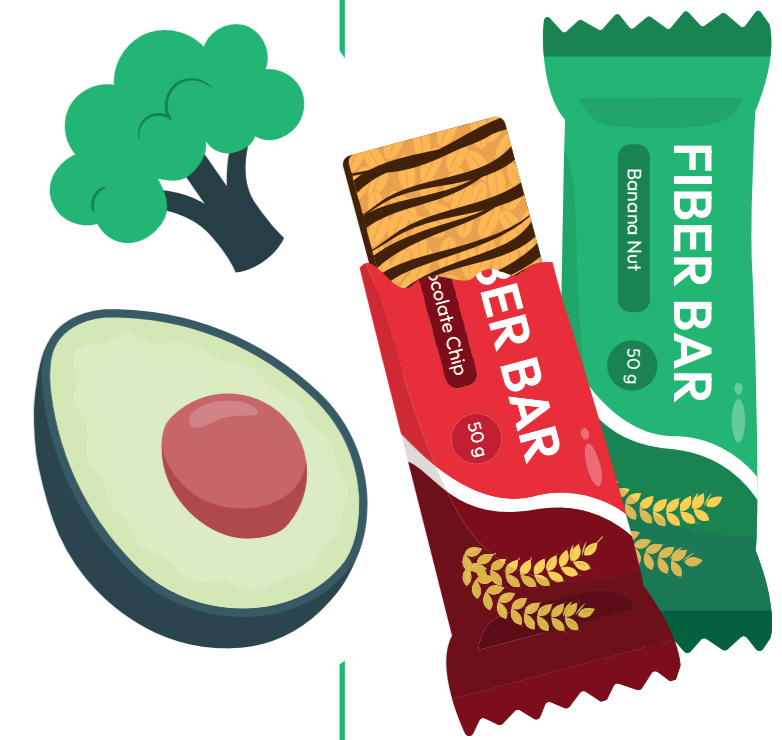
Lean Protein

Protein reduces the risk of developing pressure sores and helps preserve lean body mass. Lean protein choices, like **chicken** or **turkey**, are preferable to avoid heart disease. Non-animal protein choices include **beans**, **tofu** and other **meat substitutes**.



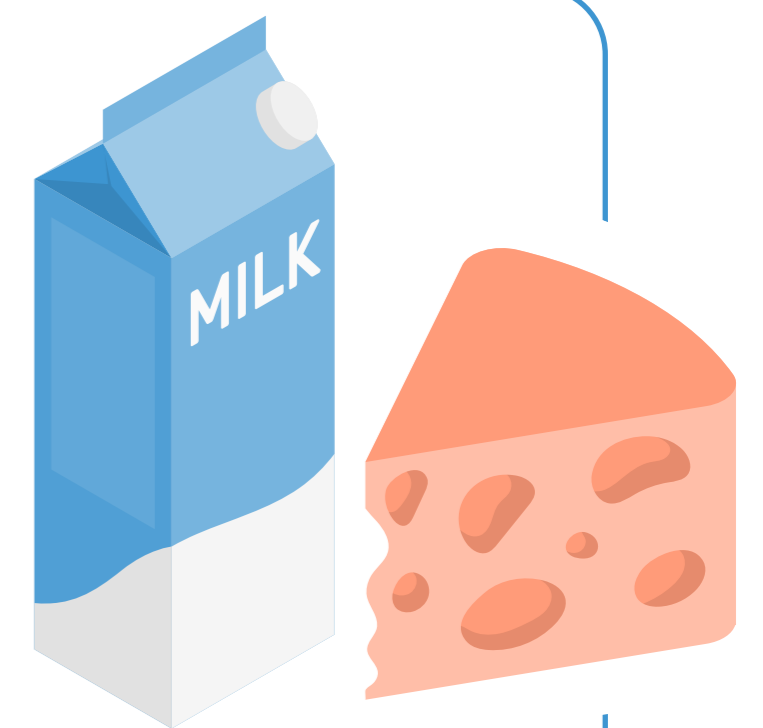
Dietary Fiber

SCI can make the digestive tract work slower. Fiber helps keep your intestines active, so your bowel program goes as smoothly as possible. **Fiber bars** and **fiber gummies** are popular options. Foods high in fiber include **beans**, **broccoli**, **berries**, **avocados**, **whole grains**, and **popcorn**. High-fiber crackers, like Triscuits, are also an option.



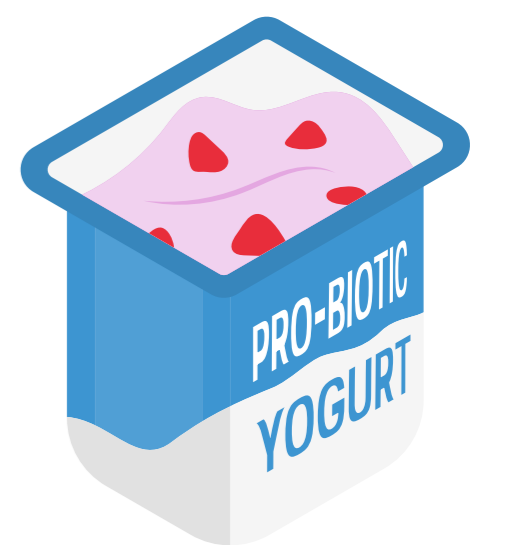
Calcium/Vitamin D

Calcium and vitamin D are important to combat osteoporosis which many people with SCI develop osteoporosis within a few years after their injury. Dairy products: **Milk**, **cheese**, and **yogurt**. Non-dairy products: **Sardines**, **pink salmon**, **fortified cereal**, **orange juice**, **almond milk**, and **rice milk**.



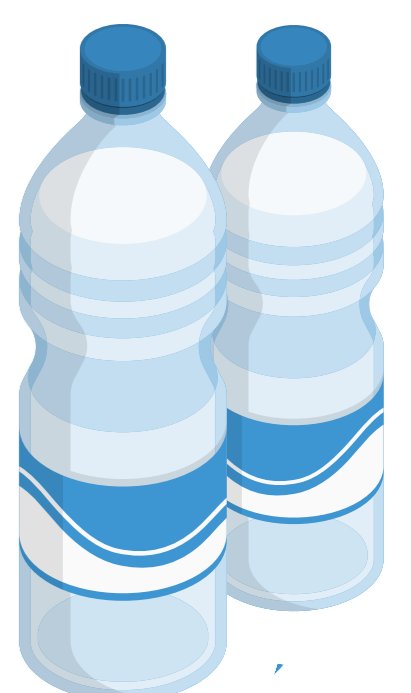
Prebiotics & Probiotics

Pre/probiotics help promote a healthy gut, which can help improve your bowel program and overall well-being. You can get pre/probiotics from **whole foods** (unprocessed foods), **pickled foods**, like **sauerkraut** or **pickles**, and **yogurt**. You can also get **pre/probiotics pills**.



Plenty of Water

The rule of thumb is to drink **at least 8 cups of water daily**. Drinking water can help prevent urinary tract infections, which people with SCI are particularly at risk for contracting. Water can also help with your bowel program. If you struggle to drink enough water, try adding lemon or other water flavoring.



Find More Resources at

SpinalCord
.com

 (877) 336-7192

 Support@SpinalCord.com

References

Barton, Vickerj, and Kim, Susie. "Everyday Nutrition for Individuals with Spinal Cord Injury."