



Weight Management and Nutrition in People with Spinal Cord Injury: FAQs

How much should I weigh?

- Because of decreased muscle mass, body weight guidelines for the general population must be adjusted for persons with SCI. Talk to your doctor to figure out your ideal weight.

How do I manage my weight?

- Calorie control!
- To lose weight, you must reduce your daily calorie intake.
- Men with SCI = less than 1,800 calories/day
- Women with SCI = less than 1,500 calories/day
- * These are general guides. Please work with your healthcare providers to find out your ideal daily calorie intake.

What are the guidelines for healthy eating?

- Balance calories
- Eat healthy foods
- Limit foods and drinks with high sugar and high fat.

How do you balance calories?

- Enjoy your food, but eat less. Eat slowly, and pay attention to your hunger and fullness.
- Eat small portions - avoid large portions. Use a smaller plate, bowl, and glass. Portion out foods before you eat.
- Eat smarter when eating out: Check nutritional info online before going. Choose a smaller size option. Share a meal.

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- **Archery*** - The program

