

Everyday Nutrition for Persons with SCI – Resources

Northwest Regional SCI Forum Nutrition Presentation - April 12th, 2011

- **Northwest Regional Spinal Cord Injury System:**
(Handouts associated with Everyday Nutrition for Persons with SCI presentation)
http://sci.washington.edu/info/forums/reports/nutrition_2011.asp
- **American Dietetic Association Evidenced Based Library:**
Spinal Cord Injury Guidelines
<http://www.adaevidencelibrary.com>
- **University of Alabama at Birmingham Resources:**
Weight Management Following SCI – SCI Info Sheet #8:
<http://www.spinalcord.uab.edu/show.asp?durki=21481>
Go Your Own Weigh from Pushin' On newsletter:
<http://www.spinalcord.uab.edu/show.asp?durki=21402&site=1021&return=21583>
Nutrition Resources
www.spinalcord.uab.edu/show.asp?durki=21583&site=1021&return=24467
- **Craig Hospital:**
Weight Gain: The Battle of the Bulge
<http://www.craighospital.org/SCI/METS/weightGain.asp>
Cutting the Fat
<http://www.craighospital.org/SCI/METS/fat.asp>
- **Baylor College of Medicine and The Institute for Rehabilitation and Research:**
Spinal Cord Injury Nutrition Facts
www.ilru.org/healthwellness/html/SCI1.htm
- **Spinal Times: Food and Nutrition**
<http://www.spinaltimes.org/foodnutrition.html>
- **U.S. Food and Drug Administration:**
How to Read Nutrition Labels
<http://www.cfsan.fda.gov/~dms/foodlab.html>
How to Understand and Use the Nutrition Fact Labels
<http://www.cfsan.fda.gov/label.html>

- Office of Dietary Supplements:
<http://www.ods.od.nih.gov/>
- You Tube Videos/Demonstrations
www.youtube.com
Search for “imbonnie”
- Cookbooks:
By Persons with SCI:
Cooking with Cory: inspirational recipes for the fearless cook/ Cory Parsons
Whitecap Books Ltd publisher

Erin’s Cookin’ with One Hand Behind My Back/ Erin Poyle
(Electronic download)

The Paraplegic Chef
www.theparaplegicchef.com
- Online Grocery Stores:
Amazon Fresh
www.fresh.amazon.com
Safeway
www.shop.safeway.com
- Kitchen Tools and Appliances:
Infinite Potential through Assistive Technology
www.infinitec.org
Adaptive Cooking section
www.maxiaids.com
- Web-based Nutrient information:
www.calorieking.com
www.dietfacts.com
- Smart Phone Applications:
Lose It
Review of nutrition applications:
<http://www.coreperformance.com/daily/nutrition/the-10-best-iphone-nutrition-apps.html>