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)

- **American Dietetic Association Evidenced Based Library:**
  Spinal Cord Injury Guidelines
  [http://www.adaevidencelibrary.com](http://www.adaevidencelibrary.com)

- **University of Alabama at Birmingham Resources:**
  Weight Management Following SCI – SCI Info Sheet #8:
  Go Your Own Weigh from Pushin’ On newsletter:
  Nutrition Resources

- **Craig Hospital:**
  Weight Gain: The Battle of the Bulge
  Cutting the Fat

- **Baylor College of Medicine and The Institute for Rehabilitation and Research:**
  Spinal Cord Injury Nutrition Facts

- **Spinal Times: Food and Nutrition**
  [http://www.spinaltimes.org/foodnutrition.html](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](http://www.cfsan.fda.gov/~dms/foodlab.html)
  How to Understand and Use the Nutrition Fact Labels
  [http://www.cfsan.fda.gov/label.html](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:  