



# 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.

The RIC Adaptive Sports Program offers eleven different sports programs

- **Archery\*** - The program

