

# Dietary Considerations

## For People With Paralysis

### *Nutritious Foods to Add to Your Diet*



### Dark Greens

Dark green leafy vegetables are packed with nutrients and vitamins, including **vitamin C**, **potassium**, **iron**, **calcium**, and **folate**. Folate is a B vitamin that promotes heart health.



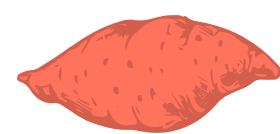
### Berries

Berries are nutritious and low in calories. Berries contain **potassium**, **magnesium**, **vitamin C**, **vitamin K**, and **fiber**. They also provide **antioxidants**, which reduce the risk of cancer, heart disease, and arthritis.

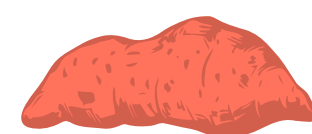


### Peanuts & Tree Nuts

Nuts have a lot of nutrients, such as **protein**, **calcium** and **phosphorus** to help strengthen bones. Almonds and walnuts are particularly rich in nutrients. Remember to eat nuts in moderation as they can be high in fat.



### Sweet Potatoes



Sweet potatoes are rich in vitamins and minerals including **vitamin A**, **vitamin C**, **potassium**, **beta carotene**, and **maganese**, just to name a few. They also supply **antioxidants**. Squash and pumpkin are comparable options.

Find More Resources at



 (877) 336-7192

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#### References

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