



Advancing physical activity knowledge and participation
among Canadians living with spinal cord injury.

People with SCI may not get enough vitamins, fiber and calcium

Purpose

To study diets of people with SCI.

Summary

- Canadians with SCI did not have a balanced diet.
- Only half of participants took a nutrition supplement in the past 24 hours.
- Canadians with SCI did not get enough vitamins, calcium, fiber & potassium on a daily basis.

Possible Applications

- It is important for people with SCI to get the vitamins and nutrients they need.
- Speak to your doctor or dietician to make sure you follow a balanced diet, and get enough nutrients and vitamins daily.

Research Abstract

Evidence of dietary inadequacy in adults with chronic spinal cord injury

Objective: Estimate prevalence of inadequate dietary intakes in community-dwelling men and women with chronic spinal cord injury (SCI).

Methods: In-home interviewer administered multiple-pass 24-h recalls were collected at baseline (n1/477) and at 6 months (n1/468). Dietary intake (adjusted to remove intra-individual variation) was compared with the dietary reference intakes (DRIs), specifically the estimated average requirement, adequate intake (AI) and acceptable macronutrient distribution ranges (AMDR).

Results: Macronutrient intakes, as percentages of daily energy, for men (16% protein, 52% carbohydrate, 30% fat) and women (17% protein, 53% carbohydrate, 28% fat) were within the AMDR. Despite this, inadequate intakes for men (n1/463) and women (n1/414) were determined for vitamin A (92 and 57%), magnesium (89 and 71%), folate (75 and 79%), zinc (71 and 29%), vitamin C (52 and 14%), thiamine (22 and 14%), vitamin B12 (6 and 29%), riboflavin (5% men) and vitamin B6 (24% men). Mean usual intakes of fiber, vitamin D, calcium and potassium fell below the AI for men and women. In all, 53% of participants consumed a micronutrient supplement in the previous 24h at baseline and at 6 months, specifically, calcium (29, 19%), multivitamin (26, 25%), vitamin D (22, 12%) and vitamin C (9, 6%).

Conclusion: Our results show numerous nutrient inadequacies, relative to the DRIs, for men and women with SCI. This study has important implications for clinical dietetic practice in the SCI population.

Walters JL, Buchholz AC, Martin Ginis KA, & The SHAPE-SCI Research Group. Evidence of dietary inadequacy in adults with chronic spinal cord injury. *Spinal Cord*, 47, 318-322.