

identify and institute many small modifications to our daily routines that, when combined, have helped us continually improve in big ways.

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TABLE 1.1
Challenges to Dietary Changes in Para Athletes

Nutritional Change	Limiting Factors	Para Athlete
Energy intake	Prosthesis fit	Lower limb amputees
	Transfer capability	Spinal cord injury, some forms of cerebral palsy
Pre-exercise feeding	Fit in racing/competition chair	Wheelchair athletes
	Body position during exercise	Wheelchair track athletes
Hydration	Access to clean bathroom facilities	Winter sport sit skiers
	Low sweat losses	Spinal cord injury or any athletes with neurogenic bladder
	Difficulty handling fluid containers during activity	Cerebral palsy/acquired brain injuries
		Upper body amputees
Fibre intake	Bowel management routines	Gastrointestinal motility issues
		Spinal cord injury
Food preparation (including purchasing)	Safety	Vision impairment, intellectual impairment
	Food choices	Spinal cord injury, wheelchair users
	Accessible kitchens/supermarkets	Cerebral palsy
	Swallowing difficulties	Upper and lower limb amputees
Clinical needs	Use of medications	All
	Sleep disturbances	
	Allergies/intolerances	
	Food aversions (taste/texture/smell)	

REFERENCES

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RECOMMENDED READING

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