NUTRITION CARE FOR CANCER PATIENTS
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Food Nutrients:

1. **Protein**:
   - Provide amino acids for repairing and building new tissue
   - Extra protein is needed to heal tissues and help fight infections
   - Necessary for cancer patients: especially after surgery, chemotherapy, or radiation therapy
   - Good sources of protein: fish, poultry, grass-fed beef, eggs, low-fat dairy products, nuts and nut butters, beans, peas and soy

2. **Fats**:
   - Made by animals as a way of storing energy.
   - When considering the effects of fats on cholesterol levels, Monounsaturated fats and Polyunsaturated fats are BETTER than Saturated or Trans Fats!!
   - **Monounsaturated Fats**: found mainly in vegetable oils, avocados and nuts
   - **Polyunsaturated Fats**: found mainly in fish and seed oils
   - **Saturated Fats**: found mainly in animal sources like fatty meat and poultry, cheese, coconut oil, butter and milk
   - **Trans-fatty acids**: formed when vegetable oils are processed into solids, such as margarine or shortening
     - Sources include snack foods and baked goods
     - Found naturally in some animal products like dairy products
     - Can raise bad cholesterol and lower good cholesterol
     - AVOID as much as possible!

3. **Carbohydrates**
   - Body’s major source of energy
   - Sources include: potatoes, rice, spaghetti, pasta and corn
     - **Whole-grain**: contain all essential parts and naturally occurring nutrients of the entire grain seed.
     - Whole grain sources: cereals, breads and flours
   - **Fiber**: part of plant food that the body can’t digest.
     - Insoluble Fiber: helps to move food waste out of the body quickly
     - Soluble Fiber: binds with water in the stool to help keep stool soft.
4. **Vitamins and Minerals**
   - Body needs small amounts of vitamins and minerals to help it function properly.
   - Facilitate chemical reactions that produce bones, skin, red blood cells, and muscles, and helps body to use the energy (calories) found in foods
   - Help protect the body against diseases
   - Most found in: vegetables, fruits, grains, milk, fish, liver and nuts
   - *** A person who eats a balanced diet with enough calories and protein usually gets plenty of vitamins and minerals!***