ESSENTIAL NUTRITIONAL NEEDS FOR CANCER PATIENTS

PROTEIN 🤞

- Importance: Helps repair body tissues and supports immune function.
- Sources: Lean meats, fish, eggs, dairy, legumes, nuts.



- Importance: Provides energy, helps absorb vitamins, and supports cell health.
- Sources: Healthy fats like avocados, nuts, seeds, olive oil, fatty fish.

CARBOHYDRATES

- Importance: Main source of energy, particularly important for patients with higher energy needs.
- Sources: Whole grains, fruits, vegetables, legumes.

VITAMINS & MINERALS

- Importance: Supports overall health, immune function, and recovery.
- Sources: A variety of fruits, vegetables, nuts, seeds, and fortified foods.

Nutrition And The Cancer Patient

RS Peters

Nutrition And The Cancer Patient:

The Enigmatic Realm of Nutrition And The Cancer Patient: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **Nutrition And The Cancer Patient** a literary masterpiece penned by way of a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book is core themes, assess its distinct writing style, and delve into its lasting affect the hearts and minds of people who partake in its reading experience.

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Nutrition And The Cancer Patient Introduction

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