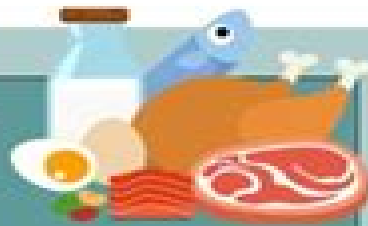


# ESSENTIAL NUTRITIONAL NEEDS FOR CANCER PATIENTS

## PROTEIN



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

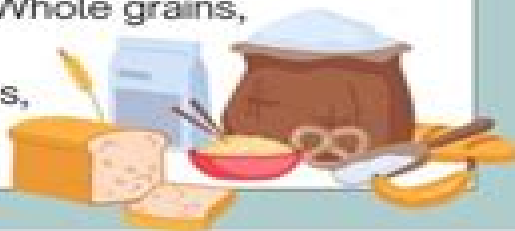


## FATS

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

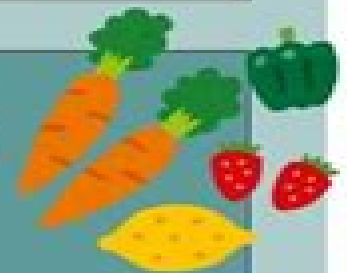
## CARBOHYDRATES

- **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

**N Colangelo**



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