

# Nutrition Essentials

## Carbohydrates, Fats And Proteins In The Body

### Carbohydrates

Carbohydrates are essential to your body's daily function. Carbohydrates provide fuel to your body and brain. Carbohydrates come in two types, simple and complex. Complex carbohydrates are packed with cancer-fighting properties. These complex carbohydrates include whole grains, whole fruits and whole vegetables. Simple carbohydrates, also known as simple sugars, are found in processed flour products, sugary drinks and junk foods. One method you can use to help determine whether a food contains complex or simple carbohydrates is to refer to the Glycemic Index or the 2005 USDA's food guide recommendations. A diet high in complex carbohydrates and low in simple carbohydrates is helpful to fight cancer.

### Fats

Fats are an essential part of your diet as well. However, there are some fats we need to limit in our diet due to the recent links to cancer. These fats include saturated fats and trans fatty acids. Saturated fats are found in animal products such as beef, chicken with skin and dairy products. To reduce the amount of saturated fat, choose the lean cuts of beef, skinless chicken and fat-free or reduced fat dairy products. Trans fatty acids are found in products that have been hydrogenated, such as shortening, margarine, baked goods and snack foods. Unsaturated fats are actually healthy for our bodies. Unsaturated fats include olive oil, canola oil, almonds, nuts, avocados and soy products. Because of this, a diet high in unsaturated fats can be helpful to fight cancer.

### Proteins

Protein is known as the building block of our bodies, used to build and repair tissue and is also an essential part of your diet. Protein is responsible for the building of your immune system, muscles, hormones and enzymes. Because protein is the building block of our bodies, it is extremely important that a licensed nutritionist figure the exact amount of protein your body will need to perform these critical functions.

A balanced diet to stabilize blood glucose levels and making sure you are getting adequate protein and fat intake is important. To do this, try eating small meals five to six times a day. Each meal should include a carbohydrate, fat and protein source.



*Because Everyone's Journey IS Different*