



## **Department Of Surgery**

### **MSHOP**

### **Basic Nutrition**

#### **I. Carbohydrates (Carbs)**

- a. Your body's main source of energy
  - i. Stored in the form of glycogen in muscles & your liver
  - ii. Main source of fuel for your central nervous system
- b. Best sources of carbs
  - i. Whole grains - cereals, breads, pastas, rice, crackers, etc.
  - ii. Vegetables - these include potatoes, tomatoes, corn, all other vegetables
  - iii. Fruits - all types of fruits
  - iv. Legumes - black beans, pinto beans, kidney beans, baked beans, chickpeas, certain nuts, etc.
  - v. Nuts & seeds

#### **II. Proteins**

- a. Primary role is the building blocks for muscles, bones, skin, hair, & other tissues & organs
- b. By not taking in sufficient carbs, your body will use protein for fuel, limiting your body's ability to repair your muscles & tissues
- c. Best sources of protein
  - i. Low-fat or reduced-fat dairy products - cheeses, milk, yogurt, cottage cheese
  - ii. Lean meats - poultry white meat, any type of fish, lean cuts of beef, pork, etc.
  - iii. Eggs
  - iv. Soy products
  - v. Legumes and beans: black, kidney, northern, black-eyed peas, lima, Edamame, garbanzo, chick-peas, etc.
  - vi. Nuts & seeds have some protein in them

### III. Fats

- a. Fat insulates & cushions your internal organs, protects your nervous system, it is important for the usage of certain vitamins, & it is the largest reserve of energy in your body
- b. Stored fat is used for energy during prolonged periods of starvation or hypermetabolism
- c. Best sources of fats
  - i. Nuts & seeds - peanuts, peanut butter, sunflower seeds, almonds, etc.
  - ii. Oils - olive & canola oils are the best to use
  - iii. Avocados & olives
  - iv. Margarines made from olive & canola oils

### IV. Fluids

- a. An essential nutrient for health; sweat is the body's most efficient temperature regulation system
- b. Waiting until you are thirsty is not the best indicator that you need fluid, by the time you feel thirsty you are already dehydrated
- c. The second sign of dehydration is fatigue
- d. Best sources of fluids:
  - i. Water

### V. Vitamins & Minerals

- a. All vitamins & minerals are essential for your body to properly utilize carbs, proteins & fats
- b. Best sources of vitamins & minerals:
  - i. A variety of whole, unprocessed foods will provide all the vitamins & minerals your body requires!