

# NUTRITION 101

What are Nutrients? BY DR. LISSA

Achieving Optimal Health  
Before & After Plastic Surgery



# THE IMPORTANCE OF NUTRITIONS BEFORE AND AFTER PLASTIC SURGERY

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*The importance of nutrition before and after plastic surgery is significant for optimizing healing, reducing complications, and supporting the body in achieving the best possible results. Focusing on nutrition before and after plastic surgery is essential for optimal healing and results.*

*Here's how good nutrition supports each phase:*

## BEFORE SURGERY: PREPARING THE BODY

- **Strengthening Immunity:** Vitamins like C and zinc boost the immune system, lowering infection risks.
- **Reducing Inflammation:** Anti-inflammatory foods, such as leafy greens, fatty fish, and nuts, help reduce swelling and prepare tissues for healing.
- **Enhancing Skin Health:** Nutrients like vitamin A, vitamin E, and healthy fats improve skin elasticity and resilience, which is beneficial for surgical results.

## AFTER SURGERY: SUPPORTING RECOVERY

- **Tissue Repair and Healing:** Protein is vital for tissue repair. Lean meats, beans, and nuts provide amino acids essential for healing.
- **Reducing Swelling:** Foods rich in antioxidants (berries, spinach) and hydration support reduce swelling and inflammation.
- **Preventing Scarring:** Nutrients like vitamin C and collagen help build and repair skin, reducing the risk of scarring.
- **Energy for Recovery:** Whole grains and complex carbs sustain energy levels as the body diverts resources to healing.

**A well-planned nutritional approach, tailored to both pre- and post-surgery needs, is essential for achieving the best results and supporting overall wellness during recovery.**

# What are Nutrients

## WHY DO WE NEED THEM?



*Nutrients are substances that provide nourishment and energy to the body. They are essential for the proper functioning of the body and are obtained from the food we eat.*

### THERE ARE SIX MAIN TYPES OF NUTRIENTS:



**carbohydrates**



**proteins**



**fats**



**vitamins**



**minerals**



**water**

**Carbohydrates** are the main source of energy for the body and are found in foods such as bread, pasta, and fruit.

**Proteins** are important for growth and repair of tissues and can be found in foods such as meat, fish, and beans.

**Fats** are also a source of energy but are important for insulation and protection of organs. They can be found in foods such as nuts, oils, and butter.

**Vitamins** and **minerals** are necessary for proper bodily functions, such as immune system function and bone health. They are found in a variety of foods, such as fruits and vegetables, dairy products, and meats.

**Water** is also a crucial nutrient, as it is required for hydration and helps to regulate body temperature.

# THE IMPORTANCE OF NUTRITION FOR OVERALL *health*

Nutrition is a vital component of overall health. It plays a crucial role in maintaining a healthy body weight, preventing chronic diseases such as diabetes, heart disease, and certain cancers, and promoting overall well-being. A balanced diet with a variety of nutrient-rich foods is essential for ensuring that the body receives the necessary vitamins, minerals, and other nutrients it needs to function optimally.

Eating a diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats can help reduce the risk of chronic diseases, improve digestion, boost energy levels, and support a healthy immune system.

In contrast, consuming a diet high in processed foods, saturated and trans fats, and added sugars has been linked to a higher risk of chronic diseases, such as obesity, diabetes, and heart disease.

It is important to note that proper nutrition is not just about restricting certain foods or following fad diets. Instead, it is about making sustainable, healthy choices that nourish the body and promote overall health. By prioritizing nutrition and making informed choices about what we eat, we can improve our health and well-being in the long term.





## NUTRIENTS ARE ESSENTIAL FOR THE HUMAN BODY TO FUNCTION PROPERLY. HERE IS A LIST OF REASONS WHY WE NEED NUTRIENTS:

### Energy production:

Nutrients like carbohydrates, fats, and proteins are the main sources of energy for our body. Without these nutrients, our body won't be able to produce enough energy to perform daily activities

### Growth and repair:

Nutrients like proteins, vitamins, and minerals are important for the growth and repair of our body tissues. They help in the formation of new cells and tissues and repair damaged ones.

### Immune system function:

Nutrients like vitamins A, C, and E, and selenium are important for the proper functioning of our immune system. They help in fighting off infections and diseases.

### Brain function:

Nutrients like omega-3 fatty acids, B vitamins, and iron are important for the proper functioning of our brain. They help in improving memory, concentration, and mood.

### Bone health:

Nutrients like calcium, vitamin D, and vitamin K are important for the growth and maintenance of strong bones.

### Heart health:

Nutrients like fiber, potassium, and magnesium are important for maintaining a healthy heart. They help in reducing blood pressure and cholesterol levels.



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