

General Health Resources
CPS https://www.aboutkidshealth.ca/
CHEO https://outreach.cheo.on.ca/health-information-resources/health-education-info
Montreal Children's Hospital https://www.thechildren.com/health-info
Nemours https://kidshealth.org/

Nutritional Recommendations		
Eat vegetables, fruit, whole grains and protein foods.		
Protein - Among protein foods consume plant-based more often. Protein foods include legumes, nuts, seeds, tofu, fortified soy beverage, fish, shellfish, eggs, poultry, lean red meat including wild game, lower fat milk, lower fat yogurts, lower fat kefir, and cheeses lower in fat and sodium		
Choose foods with mostly unsaturated fats rather than mostly saturated fats		
Water should be the beverage of choice		
Eating together such as family meals, can foster healthy eating habits		
Energy needs are individual and should be adjusted to maintain a healthy weight		
Processed or prepared items with excessive sodium, free sugars (such as sugary drinks and confectioneries) or saturated fat should not be consumed regularly. Unsweetened nutritious foods and beverages should be promoted instead of sugar substitutes.		
Cooking and preparing food at home can help support healthy eating. Food labels can help in making informed food choices.		
Recommended daily intake	4 to 8 years	9 to 18 years
Calcium (mg)	1000	1300
Upper limit (maximum)	2500	3000
Vitamin D (IU) Health Canada	600	600
Source	Through diet or a supplement of 400IU	Through diet or a supplement of 400IU
Upper limit (maximum)	3000	4000
No adjustment for latitude, pregnancy or lactation		
See RDI tables https://www.canada.ca/en/health-canada/services/food-nutrition/healthy-eating/dietary-reference-intakes/tables/reference-values-elements.html		

Source: www.canada.ca/en/health-canada <https://food-guide.canada.ca> food-guide.canada.ca AAP

Selected measures to prevent excess childhood weight gain	
INTERVENTION	RECOMMENDATION
Eat more fruits and vegetables	≥ 5 servings /day (or as appropriate for age as specified in Canada's Food Guide)
Limit free sugars and highly processed foods	Avoid sweetened fruit drinks, sport-drinks, energy drinks and carbonated soft-drinks. Reduce foods with added sugars, honey, syrups, fruit juices and fruit juice concentrates For example, reduce baked goods, sugary cereals, fast foods and frozen prepared meals
Eat breakfast	<i>Eat breakfast every day.</i>
Eat family meals	<i>Eat family meals together as much as possible through the week, including breakfast and dinner.</i>
Avoid distractions while eating	Do not eat while viewing television, video games, other screens.
Meals outside the home	Limit eating out and minimize 'fast foods'
Importance of satiety / fullness	Self-regulated by child, Include protein sources at every meal to promote a feeling of fullness.
Physical activity	≥ 1 hour per day
Sleep time	Adequate sleep (see recommendations)
Screen time	<i>Maximum 2 hours per day after 2 years of age; no television or video games in bedroom</i>

Adapted from Bosomworth Can Fam Phys 2012;58(5):517-23,
WHO <https://www.who.int/news-room/fact-sheets/detail/obesity-and-overweight>

Canadian 24-hour Movement Guidelines
Sweat – 60 min of heart-pumping physical activity Include vigorous PA for 60 min. ≥ 3 days per week Include muscle and bone strengthening ≥ 3 days per week
Step – several hours of light physical activity
Sleep – 9 to 11 hours – ages 5 to 13 years – 8 to 10 hours – ages 14 to 17 years
Sit – <i>no more than 2 hrs recreational screen time</i> limit sitting for extended periods
https://csepguidelines.ca Tremblay MS et al. Appl. Physiol. Nutr. Metab. 2016;41(6):S311-327

Food Guide Snapshot – available in many languages

<https://www.canada.ca/en/health-canada/services/canada-food-guide/resources/snapshot/languages.html>

Strategies for Good Sleep Habits – School-age children
Maintain a relaxed, predictable sleep routine - consistent and earlier bedtimes for all family members
Encourage relaxed settings at bedtime (dim lights, cool, calm environment)
Use the bed for sleep – not for activities, homework, watching TV
Identify and avoid negative sleep associations
Decrease time, attention given to night waking
Acknowledge nighttime fears and provide reassurance
Avoid daytime napping
Interact with children at bedtime
Avoid replacing parental attention with TV, computer or video games
No electronics or media in the bedroom (including adult bedrooms)
Limit screen time before bedtime (avoid 1-2 hrs before bedtime)
Reading is an essential part of the bedtime routine
No foods or drinks that contain caffeine (including chocolate and soft drinks) before bed, as it may interfere with sleep onset and quality
Avoid stimulant medications (e.g., cough medicines, decongestants)
Consult with a primary care practitioner about snoring or other sleep concerns

Strategies for Good Sleep Habits – Adolescents
Have a consistent bedtime routine
Try to keep sleep and wake times the same for weekdays and weekends
Avoid daytime napping
Have a relaxed setting at bedtime (dim lights, cool, calm environment)
Use the bed for sleep – not for activities, homework, watching TV
Get exercise every day, but avoid high-intensity exercise within 3 hrs of bedtime
Fall asleep in your bedroom, not on the couch
Avoid caffeine after mid-afternoon and later
Don't smoke, and don't use alcohol, herbal products or over-the-counter sleep aids to help you sleep
Avoid media/electronics in the bedroom
Limit screen time before bedtime (avoid 1-2 hrs before bedtime)
Consult with a primary care practitioner about snoring or other sleep concerns

Sleep Websites
www.caringforkids.cps.ca/handouts/healthy_sleep_for_your_baby_and_child
https://www.mentalhealth.ca/World/Sleep-in-Children-and-Youth-Information-for-Caregivers/index.php?m=article&ID=21575
https://www.sleepfoundation.org/children-and-sleep
https://kidshealth.org/en/parents/sleep.html