

Daily Nutritional Recommendations				
Age (years)	14-18 ♀	14-18 ♂	19-50 ♀	19-50 ♂
Vegetables & Fruit (servings)	7	8	7-8	8-10
Grain products (servings) Whole grains for at least half	6	7	6-7	8
Milk & alternatives (servings)	3-4	3-4	2	2
Meat & alternatives (servings)	2	3	2	3
Include a small amount - 30 to 45 mL - of unsaturated fat each day				
Calcium (mg)	1300	1300	1000	1000
Upper limit (maximum)	3000	3000	2500	2500
No adjustment for pregnancy or lactation				
Vitamin D (IU) Health Canada	600	600	600	600
Upper limit (maximum)	3000	4000	4000	4000
No adjustment for latitude, pregnancy or lactation				

<http://www.hc-sc.gc.ca/fn-an/index-eng.php>

Canada's Food Guide
<a href="http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/order-commander/index-eng.php">www.hc-sc.gc.ca/fn-an/food-guide-aliment/order-commander/index-eng.php</a> English
<a href="http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/order-commander/guide_trans-trad-eng.php">www.hc-sc.gc.ca/fn-an/food-guide-aliment/order-commander/guide_trans-trad-eng.php</a> other languages

BMI Calculation and Health Risk Classification		
BMI = mass in kg/(height in metres) <sup>2</sup>		
BMI = [weight in pounds/ (height in inches) <sup>2</sup> ]*703		
Classification	BMI (kg/m <sup>2</sup> )	Risk of developing health problems
Under weight	less than 18.5	Increased
Normal weight	18.5 to 24.9	Least
Overweight	25 to 29.9	Increased
Obese Class I	30 to 34.9	High
Obese Class II	35 to 39.9	Very high
Obese Class III	40 and above	Extremely high

[www.hc-sc.gc.ca/fn-an/nutrition/weights-poids/index-eng.php](http://www.hc-sc.gc.ca/fn-an/nutrition/weights-poids/index-eng.php)

Restrictive Diets
Ask about special diets such as vegetarian, gluten-free, dairy or lactose free

Strategies for Good Sleep Habits
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, comfortable cool temperature, calm environment)
Get exercise every day, but avoid high-intensity exercise within 3 hrs of bedtime
Fall asleep in your bedroom, not on the couch. Use your bed only for sleep and sex.
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. Avoid light emitting devices in the bedroom. Eg clocks that glow in the dark.
Limit screen time and bright lights before bedtime (avoid at least 1-2 hrs before bedtime)
Consult with a primary care practitioner about snoring or other sleep concerns

Adapted from [www.cdc.gov](http://www.cdc.gov), [www.cps.ca](http://www.cps.ca), [sleepfoundation.org](http://sleepfoundation.org), [healthysleep.med.harvard.edu](http://healthysleep.med.harvard.edu)

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Disclaimer: Given the evolving nature of evidence and changing recommendations, the Greig Health Record is meant to be used as a guide only. Preventive care is delivered both episodically and at dedicated visits. This tool may be used in part or as a whole.

Physical Activity Recommendations	
150 minutes or more per week of Moderate to Vigorous Physical Activity	
	Hints
Focus on moderate to vigorous aerobic activity broken into sessions of 10 minutes or more.	Choose a variety of physical activities you enjoy. Try joining a team or do activities in groups.
Add activities to target muscles and bones at least 2 days per wk.	Get into a routine.
	Limit the time you spend in front of a screen – TV, computer video game etc.
	Reduce passive transportation – try walking, running or biking.

[www.csep.ca](http://www.csep.ca) <http://www.phac-aspc.gc.ca/hp-ps/hl-mvs/pa-ap/03paap-eng.php>

Internet Resources for Patients	
General Young Adult Info.	<a href="http://www.cyh.com/">www.cyh.com/</a> <a href="http://www.canada.ca/en/services/health/youth-health.html">www.canada.ca/en/services/health/youth-health.html</a>
Aboriginal Health	<a href="http://www.canada.ca/en/services/health/aboriginal-health.html">www.canada.ca/en/services/health/aboriginal-health.html</a>
Bullying	<a href="http://www.stopbullying.gov/what-is-bullying/related-topics/young-adults/">www.stopbullying.gov/what-is-bullying/related-topics/young-adults/</a> <a href="http://www.prevnnet.ca">www.prevnnet.ca</a> <a href="http://www.cyh.com/HealthTopics/HealthTopicDetails.aspx?p=240&amp;np=296&amp;id=2069">www.cyh.com/HealthTopics/HealthTopicDetails.aspx?p=240&amp;np=296&amp;id=2069</a>
Complementary and Alternative Medicine (CAM)	<a href="http://nccih.nih.gov/">nccih.nih.gov/</a> <a href="http://www.naturaldatabase.com">www.naturaldatabase.com</a>
Dating Safety & Healthy Relationships	<a href="http://www.rcmp-grc.gc.ca/cycp-cpcj/violence/dv-vf/index-eng.htm">www.rcmp-grc.gc.ca/cycp-cpcj/violence/dv-vf/index-eng.htm</a> <a href="http://www.redcross.ca">www.redcross.ca</a> <a href="http://www.sexualhealthandrights.ca/">www.sexualhealthandrights.ca/</a>
Hearing Loss/ Personal Music Players	<a href="http://www.hc-sc.gc.ca/hl-vs/iyh-vsv/enviro/hearing_loss-perte_audition-eng.php">www.hc-sc.gc.ca/hl-vs/iyh-vsv/enviro/hearing_loss-perte_audition-eng.php</a> <a href="http://www.hc-sc.gc.ca/hl-vs/iyh-vsv/life-vie/stereo-baladeur-eng.php">www.hc-sc.gc.ca/hl-vs/iyh-vsv/life-vie/stereo-baladeur-eng.php</a> <a href="http://www.soundsense.ca">www.soundsense.ca</a>
HPV vaccine	<a href="http://www.cdc.gov/std/hpv/stdfact-hpv-vaccine-young-women.htm">www.cdc.gov/std/hpv/stdfact-hpv-vaccine-young-women.htm</a>
LGBT Youth	<a href="http://www.cdc.gov/lgbthealth/youth-resources.htm">www.cdc.gov/lgbthealth/youth-resources.htm</a> <a href="http://www.prevnnet.ca/bullying/parents/parents-of-lgbtq-youth">www.prevnnet.ca/bullying/parents/parents-of-lgbtq-youth</a>
Low Income	<a href="http://www.canadabenefits.gc.ca">www.canadabenefits.gc.ca</a> benefits finder
Mental Health	<a href="http://www.porticonetwork.ca/">www.porticonetwork.ca/</a> <a href="http://mindyourmind.ca/">mindyourmind.ca/</a> <a href="http://teenmentalhealth.org/">teenmentalhealth.org/</a>
Nutrition, Fitness	<a href="http://www.healthycanadians.ca">www.healthycanadians.ca</a> <a href="http://www.evanshealthlab.com/make-your-day-harder-2/">www.evanshealthlab.com/make-your-day-harder-2/</a>
Physical Activity	<a href="http://www.csep.ca/guidelines">www.csep.ca/guidelines</a> <a href="http://www.phac-aspc.gc.ca/hp-ps/hl-mvs/pa-ap/04paap-eng.php">www.phac-aspc.gc.ca/hp-ps/hl-mvs/pa-ap/04paap-eng.php</a>
Sexuality & Relationships	<a href="http://www.sexandu.ca">www.sexandu.ca</a> includes emergency contraception <a href="http://www.sexualhealthandrights.ca/">www.sexualhealthandrights.ca/</a>
Sleep Issues	<a href="http://www.sleepfoundation.org">www.sleepfoundation.org</a>
Substances and Addictions	<a href="http://www.camh.ca/en/hospital/health_information">www.camh.ca/en/hospital/health_information</a> (alcohol, marijuana, tobacco, cocaine, gambling ) <a href="http://www.nationalantidrugstrategy.gc.ca/prevention/youth-jeunes/">www.nationalantidrugstrategy.gc.ca/prevention/youth-jeunes/</a> (drugs) <a href="http://betobaccofree.hhs.gov/dont-start/index.html">betobaccofree.hhs.gov/dont-start/index.html</a> (tobacco) <a href="http://www.quitnow.ca/tools-and-resources/e-cigarettes.php">www.quitnow.ca/tools-and-resources/e-cigarettes.php</a> (e-cigarettes) <a href="http://www.heartandstroke.ca/-/media/pdf-files/canada/position-statement/e-cigarettes-in-canada-factsheet-eng">www.heartandstroke.ca/-/media/pdf-files/canada/position-statement/e-cigarettes-in-canada-factsheet-eng</a> (e-cigarettes) <a href="http://www.vch.ca/media/TakeCarewithCannabis.pdf">www.vch.ca/media/TakeCarewithCannabis.pdf</a> (marijuana) <a href="http://www.hc-sc.gc.ca/fn-an/prodnatur/caf-drink-boissons-eng.php">www.hc-sc.gc.ca/fn-an/prodnatur/caf-drink-boissons-eng.php</a> (caffeinated energy drinks) <a href="http://www.problemgambling.ca">www.problemgambling.ca</a> (gambling)
Sun Safety, Tanning & Skin Health	<a href="http://www.hc-sc.gc.ca/hl-vs/sun-sol/index-eng.php">www.hc-sc.gc.ca/hl-vs/sun-sol/index-eng.php</a> <a href="http://www.dermatology.ca/sun-safety">www.dermatology.ca/sun-safety</a> <a href="http://www.cancer.ca/prevention">www.cancer.ca/prevention</a>
Vaccinations, Fears and Pain	<a href="http://phm.utoronto.ca/helpinkids/">phm.utoronto.ca/helpinkids/</a> <a href="http://www.canada.ca/en/public-health/topics/immunization-vaccines.html">www.canada.ca/en/public-health/topics/immunization-vaccines.html</a>