Daily Nutritional Recommendations

<table>
<thead>
<tr>
<th>Age (years)</th>
<th>Calcium (mg)</th>
<th>Vitamin D (IU) Health Canada</th>
</tr>
</thead>
<tbody>
<tr>
<td>14-18</td>
<td>1300</td>
<td>600</td>
</tr>
<tr>
<td>19-50</td>
<td>1000</td>
<td>600</td>
</tr>
<tr>
<td>50+</td>
<td>1000</td>
<td>600</td>
</tr>
</tbody>
</table>

Upper limit (maximum)
- Calcium: 1300 mg
- Vitamin D: 600 IU

Strength of Recommendations
- Bold = Good
- Italic = Fair
- Plain Text = consensus or inconclusive evidence

Physical Activity Recommendations

150 minutes or more per week of Moderate to Vigorous Physical Activity

<table>
<thead>
<tr>
<th>Hints</th>
</tr>
</thead>
<tbody>
<tr>
<td>Focus on moderate to vigorous aerobic activity broken into sessions of 10 minutes or more.</td>
</tr>
<tr>
<td>Add activities to target muscles and bones at least 2 days per week.</td>
</tr>
<tr>
<td>Get into a routine.</td>
</tr>
<tr>
<td>Limit the time you spend in front of a screen – TV, computer video game etc.</td>
</tr>
<tr>
<td>Reduce passive transportation – try walking, running or biking.</td>
</tr>
</tbody>
</table>

Canada’s Food Guide


Other languages

BMI Calculation and Health Risk Classification

BMI = mass in kg/(height in metres)^2
BMI = [weight in pounds/(height in inches)^2]*703

Classification
- Underweight: less than 18.5
- Normal weight: 18.5 to 24.9
- Overweight: 25 to 29.9
- Obese Class I: 30 to 34.9
- Obese Class II: 35 to 39.9
- Obese Class III: 40 and above

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

Internet Resources for Patients

General Young Adult Info.
- www.cyvh.com/health/youth-health.html

Aboriginal Health

Bullying
- www.stopbullying.gov/what-is-bullying/related-topics/youth-adults/
- www.prevnet.ca

Complementary and Alternative Medicine (CAM)
- www.camh.ca/en/hospital/health_information

Dating Safety & Healthy Relationships
- www.redcross.ca
- www.sexualhealthandrights.ca/

Hearing Loss/ Personal Music Players
- www.healthycanadians.ca/dist/evidencefinder/environ/hearing_loss_perte_audition-eng.php
- www.soundsense.ca

HPV vaccine
- www.eids.gov/std/hpv/stdfact-hpv-vaccine-young-women.htm

LGBT Youth
- www.healthycanadians.ca/youth-youth-safe-sex/health.html
- www.prevnet.ca/bullying/parents/parents-of-lgbtq-youth

Low Income
- www.canadabenefits.gc.ca

Mental Health
- www.porticnetwork.ca/mindyourmind.ca/
- tencentralhealth.org/

Nutrition, Fitness
- www.healthycanadians.ca
- www.evanshealthlab.com/make-your-day-harder-2/

Physical Activity
- www.csep.ca/guidelines

Sexuality & Relationships
- www.sexcanada.ca
- www.sexualhealthandrights.ca/

Sleep Issues
- www.sleepfoundation.org

Substances and Addictions
- www.camh.ca/en/hospital/health_information
- www.quinca.gov/tool-sector-information/e-cigarettes.php
- www.quitnow.ca/tools-and-resources/e-cigarettes.php
- www.stopbullying.gov/what-is-bullying/related-topics/youth-adults/
- www.redcross.ca

Strength of Recommendations
- Bold = Good
- Italic = Fair
- Plain Text = consensus or inconclusive evidence

Strength of Recommendations
- Bold = Good
- Italic = Fair
- Plain Text = consensus or inconclusive evidence
<table>
<thead>
<tr>
<th>Topic</th>
<th>Resources</th>
</tr>
</thead>
</table>
                                       [www.dermatology.ca/sun-safety](http://www.dermatology.ca/sun-safety)  
                                       [www.cancer.ca/prevention](http://www.cancer.ca/prevention) |
| Vaccinations, Fears and Pain | [phm.utoronto.ca/helpinkids/](http://phm.utoronto.ca/helpinkids/)  