

DAILY RECOMMENDED SERVINGS ACCORDING TO CANADA'S FOOD GUIDE

Age (years)	Children			Adolescents		Adults			
	2-3	4-8	9-13	14-18		19-50		51+	
	Girls and boys			Girls	Boys	Women	Men	Women	Men
Vegetables and fruit	4	5	6	7	8	7-8	8-10	7	7
Grain products	3	4	6	6	7	6-7	8	6	7
Milk and alternatives	2	2	3-4	3-4	3-4	2	2	3	3
Meats and alternatives	1	1	1-2	2	3	2	3	2	3

Source: Based on Canada's Food Guide, <http://www.hc-sc.gc.ca/mn-an/food-guide-aliment/index-eng.php>

Canada Food Guide Recommended Daily Quantities

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Discovering Nutrition Paul M. Insel, Elaine Turner, Don Ross, 2010 *Discovering Nutrition* Third Edition is a student friendly introduction to nutrition on a non majors level Coverage of material such as digestion metabolism chemistry and life cycle nutrition is clearly written accessible and engaging to undergraduate students *Nutrition* Paul M. Insel, Don Ross, Kimberley McMahon, Melissa Bernstein, 2016-08-05 Written for majors and advanced non majors the Sixth Edition of *Nutrition* provides a modern comprehensive introduction to nutrition concepts guidelines and functions Its student focused approach provides readers with the knowledge they need to make informed decisions about their overall nutrition

Maternal Child Nursing Care in Canada - E-Book Lisa Keenan-Lindsay, Cheryl Sams, Constance L. O'Connor, Shannon E. Perry, Marilyn J. Hockenberry, Deitra Leonard Lowdermilk, David Wilson, 2016-10-11 Featuring the most accurate current and clinically relevant information available *Maternal Child Nursing Care in Canada* 2nd Edition combines essential maternity and pediatric nursing information in one text The promotion of wellness and the care for women experiencing common health concerns throughout the lifespan care in childbearing as well as the health care of children and child development in the context of the family Health problems including physiological dysfunctions and children with special needs and illnesses are also featured This text provides a family centred care approach that recognizes the importance of collaboration with families when providing care Atraumatic Care boxes in the pediatric unit teach you how to provide competent and effective care to pediatric patients with the least amount of physical or psychological stress Nursing Alerts point students to critical information that must be considered in providing care Community Focus boxes emphasize community issues supply resources and guidance and illustrate nursing care in a variety of settings Critical thinking case studies offer opportunities to test and develop analytical skills and apply knowledge in various settings Emergency boxes guide you through step by step emergency procedures Family Centred Teaching boxes highlight the needs or concerns of families that you should consider to provide family centred care NEW Content updates throughout the text give you the latest information on topics such as perinatal standards mental health issues during pregnancy developmental and neurological issues in pediatrics new guidelines including SOGC and CAPWHN NEW Increased coverage on health care in the LGBTQ community and First Nations Metis and Inuit population NEW Medication Alerts stress medication safety concerns for better therapeutic management NEW Safety Alerts highlighted and integrated within the content draw attention to developing competencies related to safe nursing practice **Nutrition** Dr. Paul Insel, Don Ross, Kimberley McMahon, Melissa Bernstein, 2016-08-08 Written for majors and advanced non majors the Sixth Edition of *Nutrition* provides a modern comprehensive introduction to nutrition concepts guidelines and functions Its student focused approach provides readers with the knowledge they need to make informed decisions about their overall nutrition **Lilley's Pharmacology for Canadian Health Care Practice - E-Book** Kara Sealock, Cydnee Seneviratne, 2024-07-11 Let Canada s 1 pharmacology text

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Canada. Health Promotion Directorate, Canada. Health and Welfare Canada, 1985 **Journal of the Canadian Dietetic Association**, 1997 **Canadian Nutrition Notes**, 1966 *The Scientific Evidence and Approach Taken to Establish*

Guidelines for Cholesterol Intake in Australia, Canada, the United Kingdom, and the United States Catherine J. Klein, 2006

Health Protection and Food Laws Canada. Health Protection Branch. Educational Services, 1981 **Report on Food Consumption and Nutrition** Canadian Consumer Council. Subcommittee on Food Consumption and Nutrition, Canada. Department of Consumer and Corporate Affairs, 1978 **School Milk in Canada** L. E. Drayton, Canada. Department of

Agriculture. Economics Division, 1961 **Canadian Journal of Public Health**, 2009 **Canada's Health & Welfare**

, 1969 **Pocket Atlas of Nutrition** Hans Konrad Biesalski, Peter Grimm, 2005-03-09 fontcolor red Concise practical and designed for quick reference font With obesity and diabetes assuming alarming epidemic proportions diet and nutrition are in the spotlight more than ever before It has never been more important for health care professionals to be well informed not only about the latest developments but also about the scientific facts The Pocket Atlas of Nutrition is an accessible guide to all aspects of nutrition from basic chemistry to the most recent dietary guidelines Includes More than 150 easy to understand full color plates A comprehensive list of nutrients including for each its composition effect function occurrence and daily requirements as well as recommended intake An extensive listing of all vitamins minerals trace elements as well as non nutritive substances with their function and interaction Accessible discussions of special diets as well as nutritional recommendations for various medical conditions and throughout the life course e g for pregnant women or athletes Up to date coverage of food related diseases including BSE genetically modified foods food quality food allergies and functional foods We are bombarded by new information and claims about nutrition every day The Pocket Atlas of Nutrition concise practical and designed for quick reference is an ideal basic guide for professionals and interested lay readers alike

Urban Family Expenditures for Certain Milk Products, 1957 Charlotte I. Johnston, Canada. Department of Agriculture. Economics Division, 1963 **Nutrition Abstracts and Reviews**, 1994 **Nutrition for a Healthy Pregnancy** Canada. Health Canada, 1999 Food guide overweight underweight dieting vegetarian energy iron calcium vitamin D breast feeding gestation smoking alcohol substance use poverty violence **Introduction to Patient Care** Beverly Witter Du Gas, 1977 *The Health of Canada's Youth* Alan J. C. King, Beverly Coles, Canada. Health and Welfare

Canada,1992 The major objective of this international comparative approach to the collection of health related information about young people is to stimulate health promotion and health education activities It examines the use of tobacco alcohol and other drugs exercise and leisure time activities nutrition diet and dental care physical ailments and medication social adjustment and relationships between health risk factors It includes a summary and recommendations

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