

Prescribing Good Health Makes Good Sense

Your actions will build a lifetime of good health.



“Canada’s Food Guide” (CFG) daily recommended servings for ages 19-51+

- | | | | |
|-------------------------------|-------------------------|------------------------------|------------------------------|
| • vegetables & fruits
7-10 | • grain products
6-8 | • milk & alternatives
2-3 | • meat & alternatives
2-3 |
|-------------------------------|-------------------------|------------------------------|------------------------------|

* refer to CFG for specific recommendations for your age/gender

* women of childbearing age should take a multivitamin containing 0.4 mg of folic acid

NEW

“Canada’s Physical Activity Guide” recommends

To achieve health benefits, adults aged 18-64 years should accumulate at least 150 minutes of moderate to vigorous intensity aerobic physical activity per week, in bouts of 10 minutes or more.

- It is also beneficial to add muscle and bone strengthening activities using major muscle groups, at least 2 days per week.
- More physical activity provides greater health benefits.



Apply SPF 15 or higher 20 min. before going outdoors. Reapply every 2 hrs and after swimming or sweating.

Quit tobacco use (support is available)



12 fl oz (355mL)
of beer or wine
cooler



5 fl oz
(148mL)
of wine



1.5 fl oz (44mL)
of liquor or spirits
(e.g. vodka, gin,
scotch, rum, etc)



Limit alcohol intake to no more than 2 standard drinks (women), 3 standard drinks (men) on any one day.

(up to 10 standard drinks a week for non-pregnant women)

(up to 15 standard drinks a week for men)

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Your Health Connection