

Nutrition Guideline

Background and Purpose

For Professional Reference Only

Applicable to: Nurses, Physicians and Other Health Professionals

Background Information

Nutrition Guidelines for Primary Care were developed by Registered Dietitians in Nutrition Services. The guidelines in this manual describe key nutrition messages for the nutrition care of individuals aged 2 years and older. They are based on scientific evidence or best practice. It is the responsibility of the health professional to evaluate the situation of each individual in their care, and apply the guidelines appropriately. This information is intended as a general resource only and is not meant to replace the medical counsel of a physician or individual consultation with a Registered Dietitian.

Purpose of this Resource

The purpose of this resource is to provide nurses, physicians, and other health professionals in the primary care setting with consistent key messages relating to nutrition for individuals aged 2 years and older.

This manual includes:

- Nutrition guidelines and recommendations for the prevention and management of chronic diseases and nutrition across the lifecycle.
- Answers to questions frequently asked about nutrition.
- Appropriate professional nutrition screening tools.
- References to Nutrition Services Education Resources and self-monitoring tools.

Nutrition guidelines for the pediatric and adult population will continue to be developed and updated as the need for information arises and as new clinical research is available.

The Nutrition Guidelines for Primary Care are organized into three categories on the CDM Resource Centre website: Healthy Eating and Active Living, Considerations Across the Lifecycle, and Nutrition and Disease Management. If health professionals prefer to print the Nutrition Guidelines for Primary Care in its entirety, the "Table of Contents" below may be useful as a guide for ordering the documents. However, we recommend that health professionals visit the CDM Resource Centre regularly to ensure that they have the most up-to-date guidelines.

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