

Section 9: Nutrition

Summary of Recommendations

Canada, Health Canada. The Canadian Task Force on the Periodic Health Examination.
The Canadian Guide to Clinical Preventive Health Care, 1994

1. *Nutritional Counseling. Effective in reducing fat consumption and increasing fiber intake. Reduced fat consumption diminishes the incidence of coronary disease but not of all causes of death. Increased fiber intake improves gastrointestinal motility and can reduce the incidence of colon cancer. Fiber consumption reduces serum cholesterol. Reasonable evidence supports its inclusion in the periodic health examination (PHE). Type of recommendation: (B)*
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