

## What are acceptable cholesterol levels for my child?

- LDL (bad) cholesterol should be below 110 mg/dL
- HDL (good) cholesterol greater than 35 mg/dL (above 60 mg/dl is cardio-protective)
- Triglycerides:
  - 0-9 years old - less than 75
  - 10-19 years old - less than 90
- Total cholesterol should be below 170 mg/dL

*You should return with your child in 3 months to have a fasting lipid panel repeated. It is best to schedule that appointment now.*

**What affects blood cholesterol levels?** Many factors. Some you cannot change, like heredity, age, and gender. But others are related to lifestyle habits and you can change them!

- What you eat – a diet high in saturated fat and cholesterol can raise your blood cholesterol
- What you weigh – being overweight can make your LDL cholesterol and your HDL cholesterol low.
- What you do – increased physical activity helps increase your HDL cholesterol

## How can I help my child lower their cholesterol?

- Prepare foods low in saturated fats like fruits, vegetables, whole grains, lean red meats, poultry without skin, low-fat/skim dairy products, lean fish/shellfish, and beans/peas.
- Limit foods high in saturated fats & cholesterol like whole milk, cream, ice cream, butter, egg yolk, cheese, organ meats (liver, sweetbreads), high-fat processed meats (sausage, bologna, salami, hot dogs), fatty red meats that aren't trimmed, duck and goose.
- Encourage physical activity every day. Aerobic exercises like walking, jogging, bicycle riding, swimming, and roller-skating are great.
- Discourage cigarette smoking. Cigarette smoking on its own is a risk factor for heart disease. It also causes HDL cholesterol to drop.
- Be a role model. Not only do you set a good example, but eating right, getting plenty of physical activity, and not smoking are good for your heart health too!

## American Heart Association- Healthy Eating Plan for All Ameri

Recommended Intake as Percent of Total Calories	
Nutrient	Diet
Total Fat	30% or less each day
Saturated Fat	7-10% daily total
Trans Fat	0 trans fats
Polyunsaturated Fat	Up to 10%
Monounsaturated Fat	Up to 15%
Cholesterol	Less than 200 mg daily for those w/ high LDL

**The practical way to read a food label** – check the fat content for one serving of food. If it meets the following criteria per serving, it can be considered heart healthy!

Total Fat	≤ 3 grams/serving; less than 5% daily value
Saturated Fat	≤ 1 gram/serving; less than 5% daily value
Cholesterol	< 300 mg/day for children with normal LDL levels < 200 mg/day for children with elevated LDL levels

### Children should consume –

- 5 or more daily servings of fruits and vegetables
- 6-11 daily servings of whole grain foods
- Adequate amounts of dietary fiber (child age + 5 grams/day)

*Adding a plant stanol spread like Benecol or drinking Promise Active Shots may help lower LDL*

### Healthy Plate Foods –

- Vegetables – Lettuce, spinach, carrots, broccoli, peas, green beans, tomatoes, cauliflower, celery
- Carbohydrates – Whole grain rice, pastas, and breads; potatoes (baked, not fried)
- Proteins – White meat chicken and turkey, fish, lean beef, kidney beans, peanut butter (natural)
- To Drink – Skim milk, water, real fruit juice (limit to one glass per day)

**Pay Attention to Serving Size!**

## Find a Heart Healthy Substitute

<b>Dairy</b>	
<b>Recommended</b>	<b>Not recommended</b>
Skim or 1% milk	Whole and 2% milk
Nonfat sour cream	Sour cream
Nonfat or low-fat yogurt	Whole milk yogurt
Nonfat or low-fat frozen yogurt, sorbet, desserts	Ice cream, whole milk frozen yogurt
Nonfat dairy whipped topping	Whipped cream, nondairy whipped toppings made with saturated fats
Skim milk or low-fat cheeses with no more than 5 g of fat per oz	Whole milk or processed cheeses
Nonfat or low-fat cream cheese	Cream cheese
Nonfat or low-fat ricotta & cottage cheese	Whole milk ricotta & cottage cheese
Egg substitutes	Fried egg

<b>Fruits and Vegetables</b>	
<b>Recommended</b>	<b>Not recommended</b>
5 servings daily of fruits and raw/ frozen vegetables steamed, broiled, or stir-fried	Coconut, deep fat-fried vegetables, vegetables served with cream sauce, cheese or butter sauce
Baked, mashed, boiled potatoes	French fries, hash browns, potato chips

<b>Meat and Protein</b>	
<b>Recommended</b>	<b>Not recommended</b>
Chicken & turkey breast without skin	Dark poultry meat, duck
Fish, shellfish, low-fat fish sticks – up to one serving weekly of shellfish	Seafood prepared with fat, breaded fish sticks, chicken nuggets
Ground chicken or turkey breast	Ground beef
Beef – sirloin, tenderloin, round, flank Lamb – leg or loin	Prime, marbled cuts of meat
Lean ground beef	Regular ground beef
Fat-free hot dogs	Regular hot dogs
Tuna packed in water	Tuna packed in oil
Fat-free lunch meats	Regular lunch meats – salami, bologna, liverwurst
Pork – tenderloin, center loin	Pork – spare ribs, bacon, pork roll, scrapple
6 oz daily of meat	More than 6 oz of meat

## Breads, Cereals, and Starches

Recommended	Not recommended
Low-fat whole grain breads, crackers, muffins	High-fat crackers, biscuits, muffins, croissants, doughnuts, sweet rolls
Bagels, English muffins, pita bread	Pastries and scones
Corn tortillas	Flour tortilla
Oatmeal, low-fat granola	Hot cereal with added fat, regular granola
Whole grain cereal	Sugary cereal
Whole grain rice and pasta	Pasta and rice mixes with high fat sauces/fried rice
Beans and peas	Beans and peas with added fats
Low-fat bread sticks	Regular bread sticks
Yolk-free noodles	Regular egg noodles, crispy chow mein
Pretzels, baked corn tortilla chips, unbuttered popcorn	Potato chips, corn chips, buttery popcorn
Low-fat cakes, cookies - angel food cake, gingersnaps, graham crackers, animal crackers	High-fat desserts and baked good

## Fats

Recommended	Not recommended
Monounsaturated fats – canola, olive oil Polyunsaturated fats – safflower, sunflower, sesame, cotton seed, soybean, and corn oil	Saturated fats – coconut oil, palm oil, kernel oil, cocoa butter, shortening
Soft tub margarine made with safflower, sunflower, or corn oil	Butter
Nonfat or low-fat salad dressing	Regular salad dressing in excessive amounts, those made with sour cream or cheese
Cocoa powder, chocolate syrup	Regular chocolate
Natural or low-fat peanut butter	Regular peanut butter
Nut snacks in moderation	