

# Happy & Healthy Pediatrics

Pediatric, Adolescent, & Breastfeeding Medicine



## Pediatric Guidelines for Lowering Cholesterol

High Blood Cholesterol = Higher Risk for Heart Disease

Too much cholesterol leads to a buildup (called plaque) on the walls of the arteries. The arteries supply blood to the heart and other organs. Plaque can narrow the arteries and block the blood flow to the heart, causing heart problems.

Help prevent heart disease by encouraging your child to:

1. **Eat foods that are free of trans fat and low in total fat and saturated fat.**

After 2 years of age, children and adolescents should gradually adopt a diet that, by approximately 5 years of age, contains less than 7% of calories from saturated fat. This is why we recommend switching all dairy products, including milk, to low fat after the age of 2.

Avoid saturated fat and trans fats. Saturated fats are usually found in animal products (for example, meat and eggs) and dairy products (for example, cheese and butter). Many snack foods (for example, cookies and chips) are high in saturated fat. Trans fats are usually found in processed foods (for example, doughnuts and crackers) and fried foods (for example, French fries and onion rings).

Begin to consume fewer calories from fat and replace these calories by eating more whole grain products, fruits, vegetables, low-fat milk products or other calcium-rich foods, beans, lean meat, poultry, fish, or other protein-rich foods.

<b>Instead of...</b>	<b>Choose...</b>
Butter	Light or diet margarine (without trans fats) , spray margarine, olive or canola oil
Regular cheese	Low-fat or fat-free cheese
Creamer or half-and-half	Light creamer or light half-and-half
Whole or 2% milk	1% or fat-free (skim) milk
Cream cheese	Low-fat or fat-free cream cheese
Regular ice cream	Fat-free or low-fat frozen yogurt or sorbet
2-4% milk-fat cottage cheese	1% or fat-free cottage cheese
Cream-based soups	Broth-based soups

Instead of...	Choose...
Creamy salad dressings	Oil and vinegar or light salad dressings
Mayonnaise	Light mayonnaise, mayo made with olive oil, nonfat Greek yogurt, mashed avocado
Prime grades of beef	Choice or select grades of beef
Spareribs	Tenderloin (with fat trimmed)
Ground beef	Ground sirloin, ground round (choose 90-95% lean)
Chicken with skin on	Baked or broiled chicken breasts without skin
Whole egg	Egg whites or egg substitutes

Choose high fiber sources of carbohydrates such as whole grains, vegetables, fruits, and legumes. Offer your child at least 5 servings of fruits and vegetables each day. For example, have healthy snacks such as apples, bananas, carrots, and celery readily available.

**Ages 2-9:** Choose 1 ½-2 ½ cups of vegetables and 1-1 ½ servings of fruit daily.

**Ages 10 and up:** Choose 2 ½-3 ½ cups of vegetables and 1 ½-2 ½ servings of fruit daily.

**Aim for ½ cup of legumes at least 4 times weekly.** Cook often with dried beans, peas or lentils. Legumes are a powerhouse of heart-protective nutrients, including potassium, fiber, protein, iron, and the B vitamins.

**Limit added sugars** (regular soda, juices and juice drinks, sweets, low fiber, high-sugar and fat-free foods) to less than 1 serving/week.

**Limit processed foods/snack foods** such as chips, cookies, donuts, hot dogs, bologna, and convenience foods. Look for foods labeled "Trans Fatty Acid Free" or "Trans Fat Free." Look for foods without "partially hydrogenated oils" in the ingredients list.

**Limit fast food** to less than 1 time a week. If you do eat at a fast-food, choose the healthiest options available.

## 2. Exercise regularly

Engage in physical activity for at least 30 minutes on most days by playing outside with friends, helping with household chores, taking the dog for a walk, or yard work. Limit your child's time using a TV, computer, ipad, tablet, cell phone, or game station to no more than 1 hour a day. Set a good example by limiting your own screen time, too.

## 3. Maintain a healthy weight

Ensure that your child's weight is appropriate for height by monitoring his or her growth plotted on a growth chart for weight in relation to height. We will assist you with determining your child's percent growth for age.

\*\*Information taken from Cleveland Clinic\*\*