



Nutrition Tips For Children with High Cholesterol

Meal Planning Tips

- Meet with a registered dietitian. He or she can help design a heart-healthy diet that is right for your child.
- Cut back on foods with saturated fat and cholesterol. For example:
 - Replace full-fat dairy foods with low-fat or fat-free milk and dairy.
 - Choose foods that are baked, broiled, roasted, grilled, or steamed. Avoid fried foods.
 - Choose lean meats, such as chicken or turkey with the skin removed.
 - Avoid fatty meats, such as regular ground beef, spare ribs, sausage, bacon, hot dogs, and regular luncheon meat.
 - Take care when selecting baked goods sold in stores and restaurants. They often contain eggs, butter, lard, or full-fat dairy products.
 - In recipes, substitute two egg whites for one whole egg.
 - Avoid coconut oil, palm oil, palm kernel oil, beef fat, and lard.
- Do not choose foods with *trans* fats. These fats can increase blood cholesterol levels.
 - *Trans* fats are found in foods made with **hydrogenated oils**. They are often found in cookies, crackers, muffins, chips, french fries, and stick margarine.
 - Read food labels. Avoid foods that include the word "hydrogenated" on the ingredients list as well as those that list more than zero grams (0g) *trans* fat on the Nutrition Facts.

- Choose whole grains for at least half of each day’s grain servings.
 - Examples of whole grains include whole wheat, brown rice, barley, quinoa, bulgur, wild rice, and oats.
 - Look for the whole grain as the first ingredient on the ingredients list.

- Offer a variety of fruits and vegetables every day.

- Check food labels for soluble fiber. Products made with psyllium are effective in reducing cholesterol.

- Include DHA (an omega-3 fatty acid) in your child’s diet.
 - Good sources of DHA include salmon, herring, and albacore tuna.
 - Two servings per week are recommended.

- Include 1.2 grams of plant sterols or stanols per day in your child’s meal plan (see the chart below). These natural compounds found in plant cells can reduce LDL (“bad”) cholesterol levels.

Foods with Plant Sterols/Stanol
 (At least 1 gram phytosterols per serving)

Product	Serving Size
Smart Balance Omega Plus Buttery Spread	1 tablespoon
Benecol Regular or Light Spread	1 tablespoon
Take Control Light Spread	1 tablespoon
Minute Maid Premium Heart Wise Orange Juice	8 ounces
Strums Instant Oatmeal	1 packet
Nature Valley Healthy Heart Chewy Granola Bar	1 bar

Foods Recommended

Food Group	Recommended Foods
Milk and Milk Products	Fat-free or low-fat milk Nonfat or low-fat yogurt Nonfat or low-fat cheeses Low-fat or fat-free ice cream Sherbet
Meat and Other Protein Foods	Very lean meats Poultry with the skin removed Fish, especially salmon, herring, mackerel (recommended only for children age 6 years or older), rainbow trout, sardines, and albacore tuna. Fish should be limited to 2 servings per week. Dried beans and peas Nuts and seeds Low-fat peanut butter Egg whites Soy protein and tofu
Grains	Any prepared without fat Whole grains are preferable.
Vegetables and Fruits	Any prepared without added fat 100% fruit juices (4 to 6 oz/day)
Fat and Oils	Heart-healthy vegetable oils, such as olive or canola oil Low-fat salad dressings and mayonnaise
Beverages	Fortified soy milk, water
Other	Snacks such as pretzels, popcorn without added fat, nuts and seeds, jelly beans, low-fat crackers or cookies

Foods NOT Recommended

Food Group	Foods Not Recommended
Milk and Milk Products	Whole or reduced-fat milk Cream Half-and-Half Dairy foods made from whole or reduced-fat milk or cream, such as ice cream, regular cheese or cream cheese
Meat and Other Protein Foods	High-fat meats, such as bacon, sausage, hot dogs, bologna, spare ribs, pepperoni, salami, or ground beef that is less than 90% lean Chicken or turkey with skin Egg yolks Regular peanut butter
Bread/Grains	Croissants, donuts, Danish pastries, granola/granola bars containing <i>trans</i> fat, toaster pastries
Vegetables	Any prepare with added fats, such as cream, butter, or cheese sauces Any fried, such as onion rings or French fries
Fruits	Any prepared with added fats, such as yogurt-covered or chocolate-covered fruits
Fat and Oils	Butter Stick margarine and other margarines made with hydrogenated oils Palm oil, palm kernel oil, or coconut oil Lard Gravy or meat drippings Regular salad dressing
Beverages	Beverages made with full-fat or reduced-fat milk or dairy foods Regular soda Juice and sports drinks (these are high in calories) Lattes and other coffee drinks Commercial fruit smoothies
Other	Any other fried foods such as chips or cheese puffs Chocolate candy

Sample 1-Day Menu

This menu is designed for children ages 4 to 8 years.

Ask a dietitian to review whether it is right for your child.

Breakfast	1/2 cup oatmeal 1/2 medium-size banana 1/2 cup lowfat yogurt
Snack	1/2 cup mixed fruit cup in natural juices 1 piece low-fat string cheese
Lunch	Peanut butter and jelly sandwich: 2 slices whole wheat bread, 1 Tbsp. reduced fat peanut butter, 1 tsp. jelly 1/2 cup carrot sticks with 1 Tbsp. light ranch dressing 1/2 cup apple slices 1 cup fat-free milk
Snack	1/2 cup low-fat pudding 2 cinnamon graham crackers
Dinner	2 ounces baked chicken 1/2 cup whole wheat pasta with 1 Tbsp. tomato sauce 3/4 cup green beans with almonds 1 tsp. soft margarine 1 cup fat-free milk

1,324 kcal; 68 g protein; 200 g carbohydrates; 19 g fiber; 31.8 g fat; 66 mg cholesterol.

Additional Information:

If you have questions, call: _____, Registered Dietitian

Phone: (717) 531- _____ or (717) 531-8406

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