



Penn State Hershey Children's Hospital  
**Caring for your Child's Nutrition**

## **Nutrition Tips for Children with High Triglycerides**

If your doctor says your child has high triglycerides (fat in the blood), you may need to focus on keeping your child at a healthy weight with an active lifestyle.

- Meet with a registered dietitian who can help design a diet just for your child that will promote heart health and meet all of his or her nutritional needs.
- Balance diet with physical activity so your child can grow normally.
- Encourage your child to move for a total of 60 minutes/day, enough that he or she breaks a sweat. It can include organized sports, walking, or active forms of play, such as games that involve running or jumping.
- Read food labels and stick to the recommended portion sizes.

### **Foods Recommended/Not Recommended**

There are simple rules about choosing the best foods and drinks for your child. Your child can do the following:

- Eat at least 5 servings of vegetables and fruits daily. Serve them at every meal. You can choose fresh, frozen or canned in juice.
- Limit juice intake to no more than 6 ounces per day.
- Eat and drink less sugar-sweetened foods and beverages.
- Drink more nonfat milk and eat nonfat dairy products daily.
- Eat more fish, especially oily fish such as salmon.
- Eat legumes, such as beans and peas.

- Eat whole-grain breads and cereal rather than refined products; read labels and ensure that “whole grain” is the first ingredient on the food label of these products.
- Eat foods with added omega-3 fatty acids
- Consider using fish oil supplements (talk about this with your doctor first)
- Eat more soy-based products including fortified soy milk, tofu, and soy yogurt. Use soy protein to replace meat in mixed foods such as chili and meat sauce.

**Additional Information:**

**If you have questions, call:** \_\_\_\_\_, *Registered Dietitian*

**Phone:** (717) 531- \_\_\_\_\_ or (717) 531-8406

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