

Dyslipidemia Heart Healthy Tips

This handout provides general tips for promoting heart health in children. Work with your child's health care team to find the best eating and activity plan for your child.

Physical Activity Tips

- Encourage your child to be physically active every day.
- A goal for most children to strive toward is at least 60 minutes of moderate to vigorous physical activity daily.
- Physical activity can include organized sports, walking, or active forms of play, such as games that involve running or jumping.

Meal Planning Tips

- Read food labels and stick to the recommended portion sizes.
- Serve vegetables and fruits at every meal. You can choose fresh, frozen, or low sodium canned types when fresh or frozen are not available.
- Serve whole grain breads and cereals instead of foods made with refined grains (such as white rice or white flour).
 - On the food label, a whole grain should be the first ingredient listed.
 - Examples of whole grains include whole wheat, oats, barley, brown rice, quinoa, cornmeal, wild rice, or bulgur.
- Limit the amount of juice your child drinks each day to 4 ounces of 100% juice.
- Limit both sugar-sweetened beverages and foods.
- Include nonfat (skim) or low-fat dairy products daily.
- Cut back on salt and high-sodium processed foods to no more than one high-sodium (480 mg) processed food per day.
- Use vegetable oils and soft margarines that are low in saturated fat and *trans* fats instead of butter or most other animal fats.
- Prepare foods with unsaturated vegetable oils (such as olive, canola, soybean, corn, or safflower oil) instead of solid fats (such as butter, lard, or shortening).
- Serve baked or broiled fish, especially oily types like salmon, mackerel, or tuna. Remove the skin from poultry before eating, and trim fat from meats.
- Use only lean cuts of meat and reduced-fat meat products. Hamburger should be at least 90% lean. Replace meat with legumes, rinsed canned beans or tofu in some entrees.
- Limit high-calorie sauces such as alfredo sauce, cream or cheese sauces, and hollandaise.

Notes: