

CHILD-2 Guidelines (Cardiovascular Health Integrated Lifestyle Diet)

For children/adolescents with familial hypercholesterolemia or hypertriglyceridemia or persistent hypercholesterolemia or hypertriglyceridemia after 3 month adherence to CHILD-1 diet

| | Total Cholesterol | Non-HDL | HDL |
|-----------------|-------------------|---------|------|
| Today | | | |
| Normal | < 170 | < 120 | > 35 |
| Borderline High | 170-199 | 120-144 | |
| High | ≥ 200 | ≥ 145 | |

| CHILD - 2 Guidelines |
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| <p>Dietary Fat Total fat: 25-30% of daily calories Saturated fat: ≤7% of daily calories Monounsaturated fat ~10% of daily calories Avoid trans fats</p> |
| Cholesterol <200 mg/day |
| <p>Encourage at least 1 hour of moderate-to-vigorous physical activity daily Limit sedentary screen time to <2 hours/day</p> |
| <p>Reduce sugar intake Avoid sugar-sweetened beverages</p> |
| Replace simple carbohydrates (sugary drinks and food, corn syrup) with complex carbohydrates (see other side) |
| <p>Increase omega-3 fatty acid intake, particularly for triglyceride levels >200-499 mg/dL</p> <ul style="list-style-type: none"> • Farmed and wild salmon, trout, Atlantic mackerel, snapper, anchovies, sardines, mussels and oysters are great options for natural omega-3 sources • Omega-3 fatty acid supplementation can be added at 1-4grams/day |
| <p>Addition of fiber psyllium (such as Metamucil™) may also help:</p> <ul style="list-style-type: none"> • 6 grams/day for children 2-12 years of age • 12 grams/day for children ≥12 years of age |
| <p>Additional plant stanols and sterols (up to 2 grams/day for children)</p> <ul style="list-style-type: none"> • Naturally occurring in fruits, vegetables, whole grains, legumes, nuts, seeds and vegetable oil in small amounts • Some foods are fortified with plant stanols and sterols such as margarine, cheese, orange juice, milk, breads - often labeled as “heart-smart” or “healthy-start” |

Assistance from a registered dietician may also help. You can find our referral list by going to johnscreekpediatrics.net → Referrals → Specialties (Non-Physician) → Nutrition/Dietician.

| Examples of Saturated Fat | Examples of Trans Fat | Examples of Monounsaturated Fat | Examples of Polyunsaturated Fat |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|
| Red Meats Poultry skin Full fat or fat reduced dairy products Butter Margarine Shortening Deep fried foods Lard Pastries Processed foods | Fried or processed foods Shortening Pastries Donuts Baking mixes | Vegetable oils (olive, canola, sunflower, sesame, peanut) Avocados Natural peanut butter Peanuts Tree nuts | Vegetable oils (corn, safflower, soybean) Fatty fish (salmon, trout, mackerel) Flax seed, linseed, hemp, chia seed, wheat germ Fortified eggs |

Incorporating complex carbohydrates into your diet

Adapted from MyPlate.Gov (<https://www.myplate.gov/tip-sheet/make-half-your-grains-whole-grains>)

Have whole grains at breakfast

- ❖ Try a whole grain hot cereal using oatmeal, buckwheat or millet

Enjoy a multigrain bowl

- ❖ Create a one-dish meal by layering mixtures of grains like barley or wild rice with colorful vegetables, low-fat cheese, and a favorite protein

Swap your sandwich bread

- ❖ Try sandwich bread, pitas, tortillas, naan or rolls that are made from whole grains

Choose whole grain take out

- ❖ Ask restaurants if they have whole grain pastas, or brown or wild rice

Experiment with a new grain

- ❖ Try cooking with grains like quinoa, amaranth or millet

Switch up pizza night

- ❖ Try making homemade pizzas using whole wheat pizza dough, English muffins or tortillas
- ❖ Don't forget to add vegetable toppings!

We also recommend myplate.gov, CHOA's strong4life.com, and more information can be found on our website, johnscreekpediatrics.net → Patient Resources → Nutrition.