

Cardiovascular Health Integrated Lifestyle Diet (CHILD 1)

	2 to 10 years	11 to 21 years
	Primary beverage: Fat-free milk	Primary beverage: Fat-free milk
	Limit sugar sweetened beverages Encourage water	Limit sugar sweetened beverages Encourage water
Fat content:	Total fat 25-30% of daily calories	Total fat 25-30% of daily calories
	Saturated fat 8-10% of daily calories	Saturated fat 8-10% of daily calories
	Avoid trans fats as much as possible	Avoid trans fats as much as possible
	Monounsaturated, polyunsaturated fat up to 20% of daily calories	Monounsaturated, polyunsaturated fat up to 20% of daily calories
	Cholesterol <300 mg/day	Cholesterol <300 mg/day
	Encourage high dietary fiber intake from foods (age + 5 grams/day)	Encourage high dietary fiber intake from foods: Goal 14 g/100kcal