CHILD-1 Guidelines (Cardiovascular Health Integrated Lifestyle Diet)

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

CHILD - 1 Guidelines

Primary beverage: Unflavored, fat free milk and water

Limit sugar-sweetened beverages Limit 100% fruit juice to ≤ 4 ounce/day

Dietary Fat

Total fat: 25-30% of daily calories

Saturated fat: 8-10% of daily calories

Avoid trans fats

Mono- or polyunsaturated fat: up to 20% of daily calories

Cholesterol <300 mg/day

Encourage high dietary fiber intake: age (in years) + 5 g, up to 25 grams/day

Encourage at least 1 hour of moderate-to-vigorous physical activity daily

Encourage healthy eating habits such as daily breakfast, limiting fast foods, and eating meals as a family

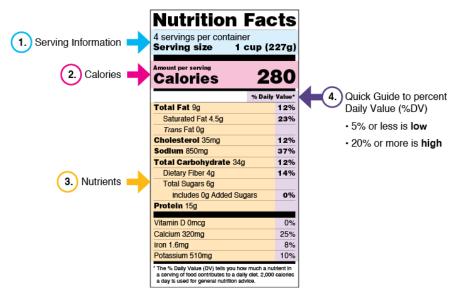
The information above is to serve as a guideline, which we recognize can be difficult to follow day-to-day. Remember, change is slow and can be difficult - take small steps and set achievable goals

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 such as salmon, trout, mackerel Flax seed, linseed, hemp, chia seed, wheat germ Fortified eggs

Examples of high-fiber foods

Cereals (½ cup serving)	Brand	Fiber (grams)	Brand	Fiber (grams)
	Fiber One	13	Chex (100% whole grain wheat)	3
	100% Bran	12	Fruit and Fiber	3
	All Bran	12	Great Grains	3
	Kashi Go Lean	5	Frosted Mini Wheats	3
	Kellogg's Bran Flakes	5	Kellogg's Low Fat Granola	3
	Grape Nuts	5	Cheerios	2
	Raisin Bran	3-5	Wheaties	2
Fruit	Pear (one)	4	Peach (fresh, one)	2
	Strawberries (1 cup)	3	Mango	2
	Apple (one, with skin)	3	Nectarine	2
	Dried Fruits (3 Tbs)	3	Avocado (½)	2
	Papaya (one)	3	Plum	1
Vegetables (cooked)	Pinto, kidney, black, lima beans (½ cup)	4-7	Carrots (1 medium raw or (½ cup cooked)	2
	Sweet potato (1, medium)	4	Cabbage (½ cup)	2
	Lentil (½ cup)	4	Spinach (½ cup)	2
	Jicama (½, raw)	3-4	Cauliflower (¾ cup)	2
	Potato with skin (medium)	3	Broccoli (½ cup)	2
	Corn (½ cup)	3	Peas (½ cup)	3

How to Read a Nutrition Label



For additional information, we recommend $\underline{myplate.gov}$, $\underline{strong4life.com}$, and more information can be found on our website, $\underline{johnscreekpediatrics.net} \rightarrow Patient Resources <math>\rightarrow Nutrition$