

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: <i>age (in years) + 5 g, up to 25 grams/day</i>
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

1. Serving Information → 4 servings per container
Serving size **1 cup (227g)**

2. Calories → Amount per serving **Calories 280**

3. Nutrients →

	% Daily Value*
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

4. Quick Guide to percent Daily Value (%DV)

- 5% or less is **low**
- 20% or more is **high**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

For additional information, we recommend myplate.gov, strong4life.com, and more information can be found on our website, johnscreekpediatrics.net → Patient Resources → Nutrition