

# Dyslipidemia Heart Healthy Tips

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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: