

High Cholesterol Nutrition Therapy



This handout can help you choose foods that will help lower blood cholesterol levels.

For your child's age, the following goals are recommended:

Total fat: _____ grams per day	Saturated fat: _____ grams per day
Trans fat: _____ grams per day	Cholesterol: Less than 200 mg per day

Meal Planning Tips

- Meet with a registered dietitian (RD), who can help design a heart-healthy diet that is right for your child.
- Cut back on foods with saturated fat and cholesterol. For example:
 - Replace full-fat dairy foods with low-fat or fat-free milk and dairy.
 - Choose foods that are baked, broiled, roasted, grilled, or steamed. Avoid fried foods.
 - Choose lean meats, such as chicken or turkey with the skin removed.
 - Avoid fatty meats, such as regular ground beef, spare ribs, sausage, bacon, hot dogs, and regular luncheon meat.
 - Take care when selecting baked goods sold in stores and restaurants. They often contain eggs, butter, lard, or full-fat dairy products.
 - In recipes, substitute two egg whites for one whole egg.
 - Avoid coconut oil, palm oil, palm kernel oil, beef fat, and lard.
- Do not choose foods with *trans* fats. These fats can increase blood cholesterol levels.
 - *Trans* fats are found in foods made with **hydrogenated oils**. They are often found in cookies, crackers, muffins, chips, French fries, and stick margarine.
 - Read food labels. Avoid foods that include the word "hydrogenated" on the ingredients list as well as those that list more than zero grams (0g) *trans* fat on the Nutrition Facts.
- Choose whole grains for at least half of each day's grain servings.
 - Examples of whole grains include whole wheat, brown rice, barley, quinoa, bulgur, wild rice, and oats.
 - Look for the whole grain as the first ingredient on the ingredients list.
- Offer a variety of fruits and vegetables every day.

Meal Planning Tips (continued)

- Check food labels for soluble fiber. Products made with psyllium are better for reducing cholesterol.
- Include DHA (an omega-3 fatty acid) in your child's diet. Good sources of DHA include salmon, herring, and albacore tuna. Two servings per week are recommended.
- Include 1.2 grams of plant sterols or stanols per day in your child's meal plan (see the chart in the Recommended Foods section). These natural compounds found in plant cells can reduce LDL ("bad") cholesterol levels.

Recommended Foods

Food Group	Recommended Foods
Milk and Milk Products	<ul style="list-style-type: none"> • Nonfat or low-fat milk • Nonfat or low-fat yogurt • Nonfat or low-fat cheeses • Low-fat ice cream • Sherbet
Meat and Other Protein Foods	<ul style="list-style-type: none"> • Very lean meats • Poultry with the skin removed • Fish, especially salmon, herring, mackerel (recommended only for children age 6 years or older), rainbow trout, sardines, and albacore tuna. Fish should be limited to 2 servings per week. • Dried beans and peas • Natural peanut butter • Egg whites • Soy protein and tofu
Grains	<ul style="list-style-type: none"> • Any prepared without fat • Whole grains are preferable
Vegetables	<ul style="list-style-type: none"> • Any prepared without added fat
Fruits	<ul style="list-style-type: none"> • Any prepared without added fat • 100% fruit juices (4 to 6 oz/day)
Fats and Oils	<ul style="list-style-type: none"> • Heart-healthy vegetable oils, such as olive or canola oil • Low-fat salad dressings and mayonnaise
Other	<ul style="list-style-type: none"> • Snacks such as pretzels, popcorn without added fat, nuts and seeds*, jelly beans*, low-fat crackers or cookies • Beverages such as fortified soy milk or water

*May be a choking risk for small children

Recommended Foods (continued)

Foods with Plant Sterols/Stanol (At least 1 gram phytosterol per serving)

	Serving Size
Smart Balance Omega Plus Buttery Spread (GFA Brands, Inc)	1 tablespoon
Benecol Regular or Light Spread (McNeil Nutritionals, LLC)	1 tablespoon
Promise Activ Light Spread (Unilever)	1 tablespoon
Minute Maid Premium Heart Wise orange juice (The Coca Cola Company)	8 ounces
Sturm Foods Instant Oatmeal (Sturm Foods)	1 packet
Nature Valley Healthy Heart Chewy Granola Bars (General Mills)	1 bar

Foods Not Recommended

Food Group	Foods Not Recommended
Milk and Milk Products	<ul style="list-style-type: none"> Whole or reduced-fat milk Cream Half-and-half Dairy foods made from whole or reduced-fat milk or cream, such as ice cream, regular cheese or cream cheese
Meat and Other Protein Foods	<ul style="list-style-type: none"> High-fat meats, such as bacon, sausage, hot dogs, bologna, spare ribs, pepperoni, salami, or ground beef that is less than 90% lean Chicken or turkey with skin Egg yolks Regular peanut butter
Bread/Grains	<ul style="list-style-type: none"> Croissants, donuts, Danish pastries, granola/granola bars containing <i>trans</i> fats, toaster pastries
Vegetables	<ul style="list-style-type: none"> Any prepared with added fats, such as cream, butter, or cheese sauces Any fried, such as onion rings or French fries
Fruits	<ul style="list-style-type: none"> Any prepared with added fats, such as yogurt-covered or chocolate-covered fruits
Fats and Oils	<ul style="list-style-type: none"> Butter, lard Stick margarine and other margarines made with hydrogenated oils Palm oil, palm kernel oil, or coconut oil Gravy or meat drippings Regular salad dressings
Beverages	<ul style="list-style-type: none"> Beverages made with full-fat or reduced-fat milk or dairy foods Regular soda Juice and sports drinks (these are high in calories) Lattes and other coffee drinks Commercial fruit smoothies
Other	<ul style="list-style-type: none"> Any other fried foods such as chips or cheese puffs Chocolate candy