

## High Triglycerides Nutrition Therapy

If your doctor says your child has high triglycerides (fat in the blood), you may need to focus on keeping your child at a healthy weight with an active lifestyle and food choices that will lower the fat in the blood.

- Meet with a registered dietitian who can help design a diet just for your child that will promote heart health and meet all of his or her nutritional needs.
- Balance diet with physical activity so your child can grow normally.
- Encourage your child to move for at least 60 minutes/day, enough that he or she breaks a sweat.



There are simple rules about choosing the best foods and drinks for your child. Your child can do the following:

- Eat at least 5 servings of vegetables and fruits daily.
- Limit juice intake to 1 cup per day.
- Eat and drink less sugar-sweetened beverages and foods, including coffee beverages (limit added sugars to 3 teaspoons daily).
- Drink more nonfat milk and eat nonfat dairy products.
- Eat more fish, especially oily fish such as salmon (see DHA and Heart Health handout).
- Eat foods with added omega-3 fatty acids (see DHA and Heart Health handout).
- Consider using fish oil supplements (talk about this with your child's doctor first).
- Eat legumes, such as beans and peas.
- Eat whole-grain breads and cereal rather than refined products; read labels and ensure that "whole grain" is the first ingredient on the food label of those products.
- Eat more soy-based products including fortified soy milk, tofu, and soy yogurt. Use soy protein to replace meat in mixed foods such as chili and meat sauce.

Notes:

## Foods Recommended

Food Group	Recommended Foods
Milk and Milk Products	<ul style="list-style-type: none"> <li>• Skim or 1% low-fat milk</li> <li>• Non-fat or low-fat yogurt</li> <li>• Non-fat or low-fat cheeses</li> <li>• Low-fat ice cream</li> </ul>
Meat and Other Protein Foods	<ul style="list-style-type: none"> <li>• Soy protein</li> <li>• Tofu</li> <li>• Soy yogurt</li> <li>• Very lean meats</li> <li>• Poultry with skin removed</li> <li>• Fish Legumes/Beans</li> <li>• Nuts/Seeds</li> <li>• Peanut butter</li> <li>• Egg whites</li> </ul>
Grains	Any prepared without added fat or sugar; choose 100% whole grains for at least half of your grain servings.
Vegetables	Any prepared without added fat or sugar
Fruits	Any prepared without added fat or sugar
Fat and oils	<ul style="list-style-type: none"> <li>• Heart healthy vegetable oils such as olive or canola</li> <li>• Low calorie salad dressings and mayonnaise</li> </ul>
Beverages	Fortified soy milk

## Foods Not Recommended

Food Group	Foods Not Recommended
Milk and Milk Products	<ul style="list-style-type: none"> <li>• Whole or 2% milk</li> <li>• Whole or 2% dairy products, high-fat cheeses, whole milk cream cheese and sour cream, cream, whole milk yogurt</li> </ul>
Meat and Other Protein Foods	High-fat meats including cold cuts, bacon, sausages, hot dogs, Spam, beef jerky, marbled beef
Grains	Muffins, coffee cakes, donuts, croissants, danish, toaster pastries
Vegetables	Those with added sugars or sweetened sauces
Fruits	Those in syrups or sweetened sauces
Fat and oils	Fats and oils that are saturated or hydrogenated
Added Sugar	No more than 5% of total calories as added sugar
Beverages	<ul style="list-style-type: none"> <li>• Soda</li> <li>• Sweetened drinks, coffees, yogurt drinks, cocoas</li> <li>• Alcoholic beverages</li> </ul>
Other	Candy, cookies, cake and other sweetened desserts