

Low-Fat Low-Cholesterol Diet

What is a low-fat low-cholesterol diet?

Your child's doctor or dietitian recommends a diet of foods that are low in fat and cholesterol for your child. This diet may include many foods that your child eats, but some changes will be needed. A little bit of dietary fat is needed so that your child may grow. Too much fat is not healthy for your child.

Why do I need to limit fat in my child's diet?

Fat is carried in the blood by cholesterol "carriers." When the body uses the fat, the carrier is left behind. This carrier is called LDL (*low density lipoprotein*) and it is very sticky. It sticks to the sides of the veins and arteries and can cause a blockage. This is why LDL is sometimes called "bad" cholesterol.

- When your child eats a lot of fat in their diet, there are more LDLs made by the body to carry that fat in the blood.
- There is also "good" cholesterol called HDL (*high density lipoprotein*). HDL is "good" because it picks up the "bad" LDL cholesterol so that it can be used over and over again.
- Because it is very hard to take all fats out of your child's diet, you will need to learn to choose fats wisely.

Why do I need to limit cholesterol in my child's diet?

Our bodies make cholesterol every day. Cholesterol is also found in animal products like meat and eggs. You may need to lower the "bad" LDL cholesterol in your child's body. To do this, your child needs to avoid high cholesterol foods.

Tips for serving low-cholesterol, low-fat foods

- Offer your child a variety of foods. Use the food guide pyramid as a guide for daily serving suggestions.
- Become aware of fat in foods. Read labels and think about what you are serving your child.
- Watch serving sizes. Don't over do it on any one food.
- Drink low-fat milk (1% or skim). Choose low-fat versions of cheese, yogurt and ice cream.

Tips (continued)

- Pick lean meats and trim all visible fat and skin from meat before cooking.
- Skip or limit toppings like butter, margarine, gravy, sour cream and mayonnaise.
- Make and eat foods that are baked, broiled, grilled, stir-fried or boiled instead of fried. Use nonstick cooking spray instead of fat in pans (or use a nonstick skillet).
- Eat more foods from the bread and grain group, vegetable group and fruit group that are high in fiber.

Tips for choosing fats wisely

- **Monounsaturated fat** is found in vegetable sources such as olive and canola oil. This fat lowers LDL (bad) cholesterol without lowering HDL (good) cholesterol.
- **Polyunsaturated fat** is found in vegetable sources such as safflower, sunflower or corn oil. This fat may lower both LDL and HDL.
- **Saturated fat** can be found in animal sources such as butter, lard and meat. Vegetable sources include coconut, palm, and partially hydrogenated oils that are found in many processed foods. Saturated fat can raise the total cholesterol level.
- **Trans fat** is not identified on food labels but it is just as bad as saturated fat! The term "hydrogenated oil" on the ingredient list is a tip that trans fat is in the food. Avoid foods with this type of fat.

General Rule: Help your child avoid saturated fats and trans fat; serve monounsaturated and polyunsaturated fats.

The Label Says = How Much Per Serving?

Fat-free = Less than ½ gram fat

Low-fat = 3 grams or less fat

Cholesterol-free = Less than 2 mg cholesterol, 2 or less grams fat

Low-cholesterol = 20 mg or less cholesterol, 2 grams or less saturated fat

Use this list to help you when you shop for food

<u>Category</u>	<u>Foods to include</u>	<u>Foods to leave behind</u>
Milk and dairy foods (3 servings per day)	Skim or 1% milk; low-fat buttermilk; low-fat cottage cheese; low or non-fat yogurt; part-skim mozzarella cheese; string cheese, low-fat ricotta cheese (less than 6 grams of fat per serving); frozen yogurt; ice milk.	2% or whole milk; cream, sour cream or cream cheese; whole milk yogurt; cottage cheese (4% milk fat); high-fat or processed cheese (American, cheddar, Swiss, Colby).
Meat and eggs (2 to 3 servings per day)	Lean meat, fish, or poultry; lean ground turkey or turkey ham; egg whites; boiled, poached or scrambled eggs without oil (limit egg yolks to 4 or less per week); egg substitutes; 97% fat-free deli meats; canned fish packed in water; dry beans and peas; reduced fat or natural peanut butter.	Breaded, fatty or fried meat, fish or poultry; poultry with skin; fried eggs; bacon, duck, fish canned in oil, sausage, salami, bologna, hot dogs, brats or pepperoni; Lunchables®.
Breads and grains (6 to 11 servings per day)	Plain rice, pasta or noodles; bread, bagels or rolls; English muffins or bread sticks; hamburger or hot dog buns; cereal (hot or cold); Saltines® pretzels, rice cakes, baked tortilla chips or light microwave popcorn.	Starchy foods in cream, butter or cheese sauce; Ramen® noodles; waffles, pancakes, pastries, biscuits, muffins, croissants, granola, cereal with nuts; fried snack foods (chips, corn snacks); buttered popcorn.
Vegetables (3 to 5 servings per day)	All vegetables prepared without fat.	Vegetables in cream or cheese sauce; French fries; Avocados or olives can be eaten in moderate amounts.
Fruits (2 to 4 servings per day)	All fruit prepared without fat.	Coconut.
Fats (Use sparingly)	Choose oil or margarine with more monounsaturated and polyunsaturated fat (less than 2 grams saturated fat per Tablespoon); diet margarine, fat-free salad dressings; reduced fat peanut butter.	Butter, hydrogenated oils or fats; lard; white sauce or gravy; regular salad dressing.
Desserts and sweets (Use sparingly)	Gelatin, low-fat or fat-free pudding; angel food cake; sherbet; Popsicles®, graham crackers, animal crackers, fig bars, hard candy, marshmallows, cocoa powder; home-made baked goods made with allowable ingredients (fats).	Chocolate, caramel, commercial cakes or cookies, frozen custard, shakes, frosted desserts, cream puffs, éclairs, funnel cake, candy bars, pastry, pies; premium ice cream.
Other	Low fat broth-based soups; cream soup.	Fatty meat stocks; cream soups.

ALERT: Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

This teaching sheet is meant to provide you with additional information about your child's care. Diagnosis, treatment, and follow-up should be provided by your health care professional.