

Client Name \_\_\_\_\_ Date \_\_\_\_\_

RD/DTR \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

## High Triglycerides Nutrition Therapy

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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 a total of 60 minutes/day, enough that he or she breaks a sweat.



### Foods Recommended/Not Recommended

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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.
- Eat and drink less sugar-sweetened beverages and foods, including coffee beverages.
- Drink more nonfat milk and eat nonfat dairy products.
- Eat more fish, especially oily fish such as salmon.
- 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 these products.
- Eat foods with added omega-3 fatty acids.
- Consider using fish oil supplements (talk about this with your doctor first).
- 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: