

CT Children's CLASP Guideline Family Handout

Lipid Abnormalities: Guidelines for healthy eating for cholesterol levels

Guidelines for healthy eating for cholesterol levels

- **Aim for 5 servings of fruits and vegetables each day. Add a serving to each meal, one with a snack and double up on vegetables for dinner. Freeze dried fruit counts!**
- **Try to limit to one serving of full fat cheese per day; you can have more if you choose part skim**
- **When reading food labels look for less than 2 grams of saturated fat per serving**
- **Pay attention to “added” sugar. Keep “less than 25 grams/day in mind” as a guide but don’t go to crazy**
- **When choosing grain products look for whole wheat or whole grain as they have extra fiber**
- **Model and practice screen free/device free eating. Serve all meals and snacks on plates or bowls while sitting at kitchen or dining table without electronics. This will help decrease mindless snacking.**

Breakfast tune ups:

- *Try a higher fiber/lower sugar cereal (Ex: honey nut cheerios, Quaker oat squares, mini wheats) with tablespoon of chopped walnuts mixed in. ADD a serving of fruit on the side
- *Try plain vanilla yogurt with granola and ground flax seed on top
- *Whole wheat frozen waffles spread with peanut butter and
- *Wheat tortilla with peanut butter and banana
- *Kodiak Protein pancakes + piece of fruit
- *Fill bowl with berries then add ½ cup of honey nut cheerios + 2 tbsp chopped walnuts
- *Egg muffin cups with veggies + 1 slice of wheat toast
- *Oatmeal made with milk with added fresh fruit or dried cranberries
- *Smoothie with 1 cup of low fat milk and 1 cup frozen berries + 1 tbsp peanut butter

Low Cholesterol Snacks:

- Individual Guacamole snack packs with veggies or veggie sticks
- Bare Apple Chips Or other Freeze Dried Fruit
- Homemade Trail Mix with sunflower seeds, dried fruit, wheat chex cereal, nuts
- Harvest Snap Pea Crisps- dip in hummus, salsa or guacamole
- Rice cakes peanut butter or other nut butter
- All Fresh fruit- clementine are great for grab and go
- Edamame – steamed or you can buy dry roasted
- Bada Bean Bada Boom Snacks (chips made with a bean base)
- Hippeas Snacks
- Roasted chick peas
- All veggies with hummus and guacamole (try single serve packets for good portion control)
- Mini Larabars
- “That’s it” dried fruit
- *Chomps turkey meat Sticks

- *Mediterranean Plate: Hummus, pita, tomatoes, carrots, peppers, olives
- *Brown rice mixed with pesto and peas with fruit on the side
- *Chopped salad with lettuce- any veggies, pumpkin seeds and protein of choice
- *Soup with side salad and wheat crackers
- *Chicken sausage scramble sautéed with broccoli, peppers or other veggie of choice and served with mixed in couscous
- *Bare frozen chicken nuggets (roasted) with carrot sticks, yogurt and fruit
- *Black bean burger with side of fruit, veggie and a handful of chips

Every day tips to help lower cholesterol:

- * Add oats to smoothies, oatmeal, pancakes, muffins.
- *Add ground flaxseed to smoothies, oatmeal, cereal, pancakes, baked goods
- *Add sunflower seeds, walnuts, almonds to salads, yogurts
- *Add edamame, olives as snacks
- *Add avocado to sandwiches, toast, salads, tacos, spread on crackers or rice cakes
- *Roast vegetables with olive oil in the oven to have as a side with dinner

Some of the highest fiber foods to offer your child:

- *Oatmeal: 6 grams fiber oatmeal per serving
- *Peas: 4 grams fiber per ½ cup
- *Beans: 6 grams fiber per ½ cup (black beans, chick peas, lentils, refried)
- *Avocado: 6 grams fiber per ½ cup
- *Raspberries/Blackberries: 8 grams fiber per 1 cup
- *Mango: 3 grams fiber per ½ cup
- *Popcorn: 2 grams fiber per 1 cup

When you need a QUICK healthy/convenience meal to try:

Amy's frozen Bean burritos

Try Just Bare brand Frozen Chicken Nuggets! They only have 6 grams of fat and 1 gram of saturated fat per serving. Sold at Costco- cook in oven, air fryer or microwave.



Frozen Veggie Burgers

Turkey Pesto Meatballs- www.weelicious.com Simple ingredients- pesto- (use nut free variety), ground turkey, whole wheat bread crumbs and some parm cheese. They are super kid friendly!

Smashed/roasted Golden potatoes: Cut Yukon gold potatoes in slices- boil to soften then mix with olive oil and roast at 400 for 10-15 minutes. They come out crispy and good with ketchup like French fries

Banana Oat Pancakes: 1 banana, 1 cup instant oats, ¾ cup low fat milk- blend together in blender then cook like regular pancakes

Banza Brand Chickpea pasta: Pasta is high in fiber and mac and cheese is lower in saturated fat than regular mac and cheeses. In addition they make a frozen pizza which is also high fiber and only 2 gm saturated fat



Frozen Banana “Ice Cream”

2 large frozen banana + cocoa powder to taste- blend to ice cream texture

For Easy Dinner Meal Planning Try to make “theme nights” each week:

M: Mexican Monday

Chicken Burrito bowls *see recipe attached

T: Slow Cooker Tuesday

Chicken sausage and white bean soup *Recipe attached

W: Roasted Dinner Wednesday:

Pork Tenderloin (Roasted in the oven) with ½ roasted sweet potato, and 1.5 cups of roasted broccoli tossed with olive oil

TH: Pasta Night

Turkey pesto meatballs (two) with ½ cup pasta and 2 cups side salad with dressing

<https://weelicious.com/turkey-pesto-meatballs/>

F: Fish Friday

Salmon or white fish roasted + ½ cup brown rice or quinoa or couscous + 1.5 cups veggies

Sat: Free choice/Out/Takeout

Sun: Stir Fry Sunday:

Chicken stir fried with vegetable oil and stir fry sauce with mixed vegetables and ½ cup of brown rice