

CT Children's CLASP Guideline Family Handout

Lipid Abnormalities: Nutrition Tips to Lower Triglycerides in Children

Nutrition Tips to Lower Triglycerides in Children

What are Triglycerides?

Triglycerides are a type of fat found in your blood. When you eat more calories than your body needs, the extra calories are stored as fat called triglycerides. Eating too much sugar and unhealthy fat can raise triglyceride levels.

Try these Tips to keep your child's triglycerides in a healthy range:

Kids should get about 60 minutes of activity every day. All movement counts! Try:

- Playing sports
- Riding bikes
- Jumping on a trampoline
- Walking
- Swimming
- Dancing
- Family hikes
- Active play outside

Try this family rule: For every 20 minutes of screen time, take a 3-minute "moving break."

Fill a jar with fun movement ideas like:

- Jumping jacks
- Dancing
- Skipping
- Running in place
- Climbing stairs

Serve Fruits and Vegetables at Meals: Try to include a fruit or vegetable with every meal or snack. Easy ideas:

- Add bananas or berries to cereal or yogurt
- Keep cut-up fruits and veggies ready for snacks
- Start dinner with a salad or veggies
- Blend frozen fruit with low-fat milk for a healthy smoothie

Cut Back on Sugar: Too much sugar can raise triglycerides.

Try to avoid:

- Soda
- Sports drinks
- Sugary juice drinks

Instead, offer:

- Water
- Seltzer water

- Water flavored with fruit
- Nonfat or low-fat milk

Add Healthy Fats: Omega-3 fats can help lower triglycerides. Try to serve fish once a week.

Foods with healthy fats include:

- Salmon
- Tuna
- Sardines
- Walnuts
- Avocados
- Flaxseed

Eat More Fiber: Fiber helps keep cholesterol and triglycerides healthy. Aim for 5–6 servings of fruits and vegetables each day.

Foods high in fiber include:

- Oatmeal
- Whole wheat bread
- Brown rice
- Beans
- Fruits
- Vegetables

Limit Unhealthy Fats. Unhealthy fats are found in:

- Fried foods
- Bacon and sausage
- Butter
- Ice cream
- Whole-fat cheese
- Processed snacks and baked goods

Choose lower-fat foods when possible.

Choose Healthier Sports Snacks. Many sports snacks are high in sugar. Better choices include:

- Water
- Cheese sticks
- Popcorn
- Apples
- Bananas
- Carrot sticks
- Yogurt
- Trail mix

Eat at Home More Often: Restaurant meals are often very large and may have extra fat and sugar. Cooking at home can help your family make healthier choices.

Ask for Help: A dietitian can help your family make a healthy eating plan that fits your child's needs.