- Decrease intake of simple sugars
- Avoid white bread, white pasta, white potatoes, white rice, sugary cereals, cookies, cakes, candy
- No sugar-sweetened beverages
- Replace simple sugars with complex carbohydrates
- 25% to 30% of calories from fat
- Less than 7% from saturated fat
- Favor monounsaturated fats (beneficial effects on high-density lipoprotein [HDL] cholesterol)
- Use olive oil, canola oil, avocados, nuts, and fish
- Avoid trans fats
- Increase dietary fish intake for omega-3 fatty acids

Adapted from Expert Panel on Integrated Guidelines for Cardiovascular Health and Risk Reduction in Children and Adolescents; National Heart, Lung, and Blood Institute: Expert panel on integrated guidelines for cardiovascular health and risk reduction in children and adolescents: summary report, *Pediatrics* 128(Suppl 5):S213–S256, 2011.

Research continues to support the benefit of diets low in saturated fats. Current thinking favors a "Mediterranean"-type diet. Whole grains, fruits, and vegetables form the foundation of this diet. In addition, this diet recommends the use of monounsaturated fats, such as olive oil, canola oil, nuts, avocados, and fish, which have beneficial effects on HDL cholesterol values. Patients who have elevated triglycerides, particularly those with an elevated body mass index (BMI), should receive targeted counseling aimed at a low glycemic diet. Daily aerobic exercise of at least 60 minutes a day 5 days a week is also recommended for children. In addition, patients and parents should be counseled regarding the negative effects of smoking (both first- and secondhand).