

cholesterol should have individual nutritional counseling, ideally by a dietitian with expertise in pediatric lipids.

Box 23-10

Recommendations for Dietary/Lifestyle Management of Dyslipidemia for Children/Adolescents Older than 2 Years Old

For All Children/Adolescents

- Obtain 1 hour of moderate or vigorous physical activity at least 5 days a week
- Less than 2 hours per day of sedentary screen time
- Avoidance of first and secondhand smoke exposure
- Eat a diverse diet rich in fruits, vegetables, whole grains, lean meats, and fish
- Refer to registered dietitian for individual nutritional counselling

Elevated Low-Density Lipoprotein Cholesterol

- 25% to 30% of calories from fat
- Less than 7% from saturated fats (approximately 12 to 15 gm/daily)
- Avoid trans fats
- Favor monounsaturated fats
- Less than 200 mg/day of dietary cholesterol

Elevated Triglycerides or Non-High-Density Lipoprotein Cholesterol