



Prevention of Cardiovascular Disease

Who is at risk?

- Abnormal cholesterol panel
- Smoking and/or exposure to second hand smoke
- Elevated blood pressure
- Elevated BMI (<85%)
- Abnormal fasting glucose or HbA1C (low HDL, high LDL, triglycerides)
- Sedentary lifestyle, unhealthy diet
- Patients with the following diseases: Diabetes, Kawasaki's Disease, Chronic Kidney Disease, HIV, Chronic inflammatory diseases (Lupus)
- Family history of early cardiovascular disease in Father, Mother, Siblings (<55 in male or <65 in female)

General Recommendations

- Parents should model healthy lifestyle including diet and regular exercise
- Infants should be exclusively breastfed until 6 months of age and continue until at least 12 months while introducing solids
- Encourage family meal times
- Establish regular family activities incorporating physical activity
- Limit screen time (Video games, TV, Computer, and Cell Phones):
 - Under 2 yrs: discourage TV viewing altogether
 - 2 years and up: limit screen time to 1 hour of quality programming per day
 - No TV in bedroom
- Moderate to vigorous physical activity **1 hour daily or 12,000 to 15,000 steps a day**
- Encourage year round participation in organized sports and or physical activity

Dietary Recommendations:

- Eat breakfast everyday
- Control portion sizes
- Eliminate fast food
- Skim Milk
- Limit total fat to 25-30% of daily calorie intake
- Saturated fat to 8-10% of daily calorie intake
- Avoid Trans fats altogether
- Cholesterol <300 mg/d
- Avoid fruit juice and sugar sweetened beverages altogether
- Encourage water
- Increase fiber in diet (Age + 5 grams a day)
- Limit salt intake
- Understand portions based on average daily calorie requirements for age, sex and activity level (see chart)
- Follow DASH style eating plan rich in fruits, WHOLE GRAINS, fat-free milk and milk products, and low sugar foods (see table)

Calorie requirements based on age and activity level

Age	Not Active	Somewhat Active	Very Active
2–3 years	1,000 calories	1,000–1,200 calories	1,000–1,400 calories
4–8 years	1,200–1,400 calories	1,400–1,600 calories	1,400–1,800 calories
9–13 years	1,400–1,600 calories	1,600–2,000 calories	1,800–2,200 calories
14–18 years	1,800 calories	2,000 calories	2,400 calories

Pediatric DASH-Style Eating Plan

Food Group	1,200 Calories	1,400 Calories	1,600 Calories	1,800 Calories	Serving Sizes	Examples	Significance
Grains	4-5	5-6	6	6	1 slice bread ½ cup cooked rice, pasta, or cereal	Whole wheat bread and rolls, whole wheat pasta, English muffin, pita bread, bagel, cereals, grits, oatmeal, brown rice, unsalted pretzels and popcorn	Major sources of energy and fiber
Vegetables	3-4	3-4	3-4	4-5	1 cup raw leafy vegetable ½ cup cut-up raw or cooked vegetable	Broccoli, carrots, collards, green beans, green peas, kale, lima beans, potatoes, spinach, squash, sweet potatoes, tomatoes	Rich sources of potassium, magnesium, and fiber
Fruits	3-4	4	4	4-5	1 medium fruit ¼ cup dried fruit ½ cup fresh fruit ½ cup fruit juice	Apples, apricots, bananas, dates, grapes, oranges, grapefruit, grapefruit juice, mangoes, melons, peaches, pineapples, raisins, strawberries, tangerines	Important sources of potassium, magnes ium, and fiber
Fat-free or low-fat milk products	2-3	2-3	2-3	2-3	1 cup milk or yogurt 1½ oz cheese	Fat-free milk or buttermilk, fat-free, low-fat, or reduced-fat cheese, fat free/low-fat regular or frozen yogurt	Major sources of calcium and protein
Lean meats, poultry, and fish	3 or less	3-4 or less	3-4 or less		1 oz cooked meats, poultry, or fish 1 egg	Select only lean; trim away visible fats; broil, roast, or poach; remove skin from poultry	Rich sources of protein and magnesium
Nuts, seeds, and legumes	3 per week	3 per week	3-4 per week	4 per week	1/3 cup nuts 2 Tbsp peanut butter 2 Tbsp or seeds ½ cup cooked legumes	Almonds, filberts, mixed nuts, peanuts, walnuts, sunflower seeds, peanut butter, kidney beans, lentils, split peas	Rich sources of energy, magnesium, protein, and fiber
Fats and oils[‡]	1	1	2	2-3	1 tsp margarine 1 tsp vegetable oil 1 Tbsp mayonnaise 2 Tbsp salad dressing	Soft margarine, vegetable oil (such as canola, corn, olive, or safflower), low-fat mayonnaise, light salad dressing	The DASH study had 27 percent of calories as fat
Sweets & added sugars	3 or less per week	3 or less per week	3 or less per week	5 or less per week	1 Tbsp sugar 1 Tbsp jelly ½ cup sorbet 1 cup lemonade	Fruit-flavored gelatin, fruit punch, hard candy, jelly, maple syrup, sorbet and ices, sugar	Sweets should be low in fat