University Hospitals Coventry and Warwickshire NHS Trust

Patient Information

Nutrition and Dietetics

Healthy eating for children with hyperlipidaemia

This information is for children over 5 who have high levels of fats in their blood. This may put them at risk of developing heart disease in adulthood.

A healthy diet can help protect your heart and blood vessels. Being a healthy weight is important. Being active is also beneficial.

Important points about your diet

- Eat more “omega 3 fats”
- Eat more fruit and vegetables
- Eat less processed foods and have a wide variety of different foods
- Eat more fibre and starchy foods
- Eat less salt and salty foods

Fruit and vegetables

Ideas on how to include more fruit and vegetables

- Have a small glass of fruit juice for breakfast
- Put chopped fruit (such as a banana) or a handful of dried fruit on breakfast cereal
- Try fruit ‘smoothies’ containing pureed fruit
- Put salad in your sandwich fillings

- Choose fruit for dessert for example fresh fruit, stewed fruit, baked apple, tinned fruit in juice, fruit crumble or fruit salad
- Have a good serving of different vegetables or salad with your main meal. Fresh and frozen are equally beneficial
- Try home-made vegetable soups
- Add extra vegetables to meat dishes
- Try adding tinned pulses to pasta bakes, stews, and salads
- Try a stir fry with plenty of vegetables

It is recommended that we eat at least 5 portions of fruit and vegetables a day. It can be easier to do this by having some at every meal.

How much is a portion?

Portion sizes are different for children and depend on their age and size. As a rough guide, one portion is the amount that fits into the palm of their hand.

Choosing the right fats

The fat contained in most food is a combination of 4 main kinds - **saturates, trans fats, mono-unsaturates and poly-unsaturates.**

The recommended diet, called a ‘Mediterranean diet’, is low in trans fats and saturated fats and contains more mono- and poly-unsaturated fats than a typical UK diet.

By cutting down on processed foods and increasing fish, fruit and vegetables you will be eating a more Mediterranean style diet.

Unsaturated fats

Unsaturated fats include **mono-unsaturates** and **poly-unsaturates**

Good sources of 'monos' are:	**'Polys' are found in:**
• Rapeseed oil • Olive oil • Groundnut oil	• Some vegetable oils such as sunflower, corn oil or soya oil • Oily fish such as mackerel, kippers, herrings • Nuts and seeds

Try to choose margarines or spreads made from these oils. Look for those containing the least saturated fat and the most unsaturated. Examples include:

Mono-unsaturates - Bertolli, Olive Gold, Rapeseed oil spreads and supermarket own brands.

Poly-unsaturates Flora, Vitalite, Sunflower oil spreads and supermarket own brands.

Omega 3 fat

Omega 3 fats in oily fish have been shown to reduce the risks of heart disease and stroke.

How much omega 3 do I need to eat?

Aim to have oily fish twice a week.

Suggested portion sizes

Age	One portion size
Four to six years	½ - 1 small fillet or 2 - 4 tablespoons
Seven to eleven years	1 - 1 ½ small fillets or 3 - 5 tablespoons
12 years to adult	140g (5oz) fresh fish or 1 small can oily.

Oily fish

- Mackerel
- Salmon
- Sardines
- Pilchards
- Kippers
- Herring
- Trout
- Tuna (fresh or frozen)

These can be bought fresh, tinned, or frozen. If buying tinned in oil or brine, drain well. Alternatively buy tinned in tomato sauce. Avoid fish in mayonnaise, unless it is low-fat.

Try them:

- In sandwiches
- On toast
- With salad
- With a jacket potato
- In curry
- Grilled
- In a recipe of your choice

Some omega-3 fatty acids are found in certain vegetable oils, such as linseed, flaxseed, walnut and rapeseed oils. However, these are chemically different from the long-chain omega-3 fatty acids found in

oily fish, and evidence suggests that these short-chain fatty acids may not offer the same protection against heart disease as those found in oily fish.

Saturated fats

Have less of these foods:

- **Cheese** especially hard cheese and some cheese spreads
- **Butter, hard margarine, lard, dripping, suet** including any foods made from these such as biscuits, cakes, or pastries and any foods cooked using them such as chips, or crisps
- **Fatty meat and meat products** such as belly pork, burgers, sausages, pepperoni, pâté, meat pies (especially pork pies), fat on meat
- **Other full fat dairy products** such as cream, full fat or “thick n’ creamy” yoghurts

Trans fats

In general, trans fats are found in cakes, biscuits, hard margarines, takeaways, pastry, pies, and fried foods, all of which are the types of foods to limit when choosing a healthy, balanced diet.

Fibre

Eating more fibre in your diet is known to be beneficial for your health.

The best types of fibre are found in:

- **Oats** as porridge oats, oat bran cereals such as Quaker Oat Crunch, Oat Crisp cereal and Granola, and Oat flakes Oatibix, Oatcakes
- **Peas and beans** - all types including peas, baked beans, kidney beans, chickpeas and mushy peas
- **Lentils**
- **Fruit and vegetables**

Try:

Kidney beans in chilli con carne

Butter beans in stews or casseroles

Lentils in soups and dahls

Baked beans in shepherd's pie

Baked beans on toast

Mixed beans in salads

Other good sources of fibre include:

Wholemeal bread

Wholegrain breakfast cereals

Wholemeal chapattis

Wholemeal products e.g. pasta, crisp bread, biscuits, pitta bread

Brown rice

Salt

Many of us eat too much salt. Having less salt and salty foods will make your diet healthier.

- Avoid adding salt to your food at the table
- Reduce amount added in cooking
- Reduce salty foods e.g. crisps, salted nuts and savoury snacks, tinned and packet soups and sauces, Bovril, Marmite, seasonings, foods tinned in brine, cheese meat products, bacon
- Try crisps and nuts without salt added

Remember 'ready made' meals are often saltier than fresh foods.

Salt substitutes such as Lo Salt and Pan Salt are **not** recommended.

Meal ideas

Breakfast

- Unsweetened fruit juice or fruit
- Porridge
- Wholegrain breakfast cereal
- Wholemeal or granary bread or toast

Midday / Snack meal

- Tuna, pilchards, sardines, chicken, lean meat, baked beans, egg
- Wholemeal or granary bread or rolls or toast, jacket potato, pitta bread, or pasta salad
- mixed salad
- Fresh fruit
- Low-fat yoghurt

Main meal

- Fish, chicken, lean meat, pulses, or dahl
- vegetables or salad
- Potatoes, pasta, rice, chapatti, noodles
- Fruit (fresh, tinned, or natural juice or stewed)
- Low-fat yoghurt or low-fat milk pudding or jelly

Suitable snacks

- Fresh or tinned fruit in natural juice
- Currant teacake, fruit cake, fruit bread
- Wholemeal scone
- Low-fat yoghurt or fromage frais
- Wholegrain cereal, milk, and fruit
- Breadsticks, toast
- Low-fat milky drink
- Unsalted nuts and seeds mix

If you are losing weight or not gaining enough weight, you need to:

- Include more suitable snacks in between meals
- Include a suitable pudding after meals
- Have larger portions of starchy foods such as bread, potatoes, rice, pasta, chapatti, breakfast cereal

Useful websites

https://www.heartuk.org.uk/fh/children-and-young-peoples-resources

https://www.nhs.uk/live-well/eat-well/

www.nhs.uk/change4life

https://www.bda.uk.com/foodfacts/home

https://www.nutrition.org.uk/health-conditions/heart-disease-and-stroke/

http://www.bhf.org.uk/heart-health/prevention/healthy-eating.aspx

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