

# Pediatric Dietary Guidelines

Recommendations for Individuals 2 Years and Older



## INCREASE VEGETABLES AND FRUITS

- Eat vegetables and fruits daily, limit juice intake to 4–6 ounces per day
- Serve fresh, frozen and canned vegetables and fruits at every meal; be careful with added sauces and sugar
- Eat more legumes (e.g., kidney beans, lentils, black-eyed peas, garbanzo beans) and tofu in place of meat at some meals

## REDUCE SATURATED FAT AND INCREASE MONO- AND POLYUNSATURATED FATS

- Use low-fat (1%) or fat-free (skim) milk and dairy products daily
- Use vegetable oils and soft margarines low in saturated fat and trans fatty acids instead of butter or most other animal fats in the diet
- Use canola, soybean, corn, safflower, or other unsaturated oils in place of solid fats during food preparation
- Eat more fish, especially oily fish (e.g., salmon, mackerel, lake trout) that is broiled or baked, not fried
- Use only lean cuts of meat and reduced-fat meat products (e.g., 90% lean ground beef)
- Limit high-calorie sauces such as Alfredo, cream, cheese, and hollandaise sauces
- Remove the skin from poultry before eating

## PORTION SIZE

- Use portion sizes recommended on food labels when preparing and serving food

## REDUCE ADDED SUGARS

- Reduce the intake of sugar-sweetened beverages and foods
- Reduce added sugars, including sugar-sweetened drinks and juices
- Choose breakfast cereals high in fiber and low in added sugar

## REDUCE SODIUM/SALT

- Reduce salt intake, including salt from processed foods, (e.g., soups, chips, crackers, frozen dinners)
- Read the label and choose foods low in salt/sodium (e.g., less than 140 mg, or less than 5% of the Daily Value per serving as specified under Nutrition Facts on the package label)

## INCREASE WHOLE GRAINS

- Eat whole grain breads and cereals (e.g., whole wheat bread, brown rice, corn tortillas) rather than refined products
- Read labels and buy products that list “whole wheat,” “whole oats,” or “rye” as the first ingredient and/or have 2 grams or more of fiber per serving

## INCREASE PHYSICAL ACTIVITY

- Balance dietary calories with physical activity to maintain normal growth
- Participate in at least 60 minutes of moderate to vigorous play or physical activity daily

Adapted from:

1. Gidding SS, Dennison BA, Birch LL, Daniels SR, Gillman MW, Lichtenstein AH, Rattay KT, Steinberger J, Stettler N, Van Horn L; American Heart Association; American Academy of Pediatrics. Dietary recommendations for children and adolescents: a guide for practitioners: consensus statement from the American Heart Association. *Circulation*. 2005;112(13):2061-2075.

2. Gidding SS, Dennison BA, Birch LL, Daniels SR, Gillman MW, Lichtenstein AH, Rattay KT, Steinberger J, Stettler N, Van Horn L; American Heart Association. Dietary recommendations for children and adolescents: a guide for practitioners. *Pediatrics*. 2006;117(2):544-559.

