

## Table 16C. Tips for Parents to Implement AHA Pediatric Dietary Guidelines

- Reduce added sugars, including sugar-sweetened drinks and juices
- Use canola, soybean, corn oil, safflower oil, or other unsaturated oils in place of solid fats during food preparation
- Use recommended portion sizes on food labels when preparing and serving food
- Use fresh, frozen, and canned vegetables and fruits and serve at every meal; be careful with added sauces and sugar
- Introduce and regularly serve fish as an entrée
- Remove the skin from poultry before eating
- Use only lean cuts of meat and reduced-fat meat products
- Limit high-calorie sauces such as Alfredo, cream sauces, cheese sauces, and hollandaise
- Eat whole grain breads and cereals rather than refined products; read labels and ensure that “whole grain” is the first ingredient on the food label of these products
- Eat more legumes (beans) and tofu in place of meat for some entrées
- Breads, breakfast cereals, and prepared foods, including soups, may be high in salt and/or sugar; read food labels for content and choose high-fiber, low-salt/low-sugar alternatives

Gidding SS, Dennison BA, Birch LL, et al. Dietary recommendations for children and adolescents: a guide for practitioners. Consensus statement from the American Heart Association. *Circulation*. 2005;112:2061-2075.