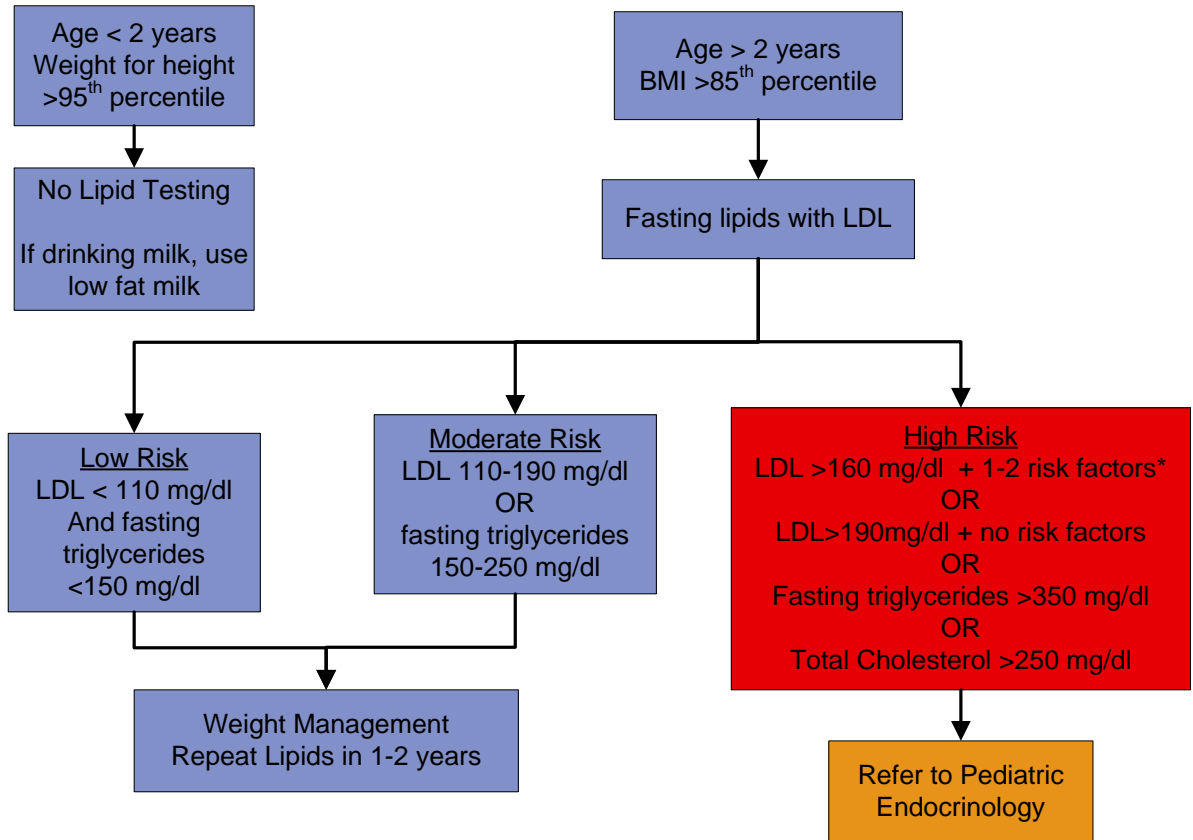


Lipid Management in Overweight/Obese Children



- *Risk Factors for Cardiovascular Disease**
- Diabetes Mellitus
 - Fasting glucose >126
 - 2 hr OGTT >200
 - Pre-diabetes
 - Impaired fasting glucose >100
 - Impaired glucose tolerance >140
 - HDL < 35 mg/dl and over age 14 years
 - Hyperinsulinemia
 - Polycystic Ovarian Syndrome
 - Hypertension (>95th percentile)
 - Systemic Lupus
 - s/p any solid organ transplant
 - Smoker or passive smoker
 - h/o cancer
 - Parent/grandparent history of premature Cardiovascular Disease (age at diagnosis <55 years):
 - Coronary atherosclerosis
 - Peripheral Vascular disease
 - Cerebrovascular disease

- Weight Management- General Recommendations**
- Diet
 - Fat- 30% of total calories
 - Saturated Fat < 7%
 - Polyunsaturated fat up to 10%
 - Monounsaturated fat up to 20%
 - Trans fat <1%
 - Cholesterol <200 mg
 - Carbohydrate- 50% of total calories
 - Whole grains, fruits, vegetables
 - Protein- 15% of total calories
 - Exercise- 60 minutes each day
 - Consider Referral to Healthy Weight Center
 - Refer to attached list of a sampling of resources for families interested in help with lifestyle factors and for dietary referral sources