

DIETARY FAT COMPOSITION IN CHILDREN WITH HETEROZYGOUS FAMILIAL HYPERCHOLESTEROLEMIA

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Objectives and Study: We aimed to evaluate the dietary fat composition in children with familial hypercholesterolemia (FH), and whether restrictions imposed by the Cardiovascular Health Integrated Lifestyle Diet (CHILD-1) were met.

Methods: Using the Food Frequency Questionnaire (Feta® University of Cambridge), we surveyed 15 patients with FH. The data analysis was performed in SAS® OnDemand for Academics. The study was conducted in accordance with the Helsinki Declaration of Human Rights and Ukrainian laws governing research on human subjects.

Results: Data on average daily values of fat intake in patients with FH are shown in **Figure 1**. FH patients aged 5-9 years exceeded the fat intake requirements of the CHILD-1 diet by 16.8%. UFA (unsaturated fatty acids) intake was reduced by 6.7%, SFA (saturated fatty acids) intake was exceeded by 64.1%. Patients aged 10-14 years had the reduced fat intake by 43.5%. UFA intake was reduced by 43.5%, SFA intake was also reduced by 47.8%. In the 15-18 years age group, FH patients exceeded the fat intake level by 1.36%. UFA intake was reduced by 15.3% and SFA intake was exceeded by 33.3%.