



Triglycerides

Little changes.....Big Gains

Triglycerides are another fat in your blood stream, along with cholesterol/ They form the plasma lipids and an excess can put you at risk for heart disease and other medical problems.

Triglycerides in plasma are derived from fats eaten in foods or made in the body from other energy sources like carbohydrates. Lack of exercise, being overweight, smoking, skipping meals and eating large portions at one time are lifestyle factors that can lead to high triglycerides. Excessive alcohol consumption, saturated and trans fat intake, starches, sugars and too many calories overall can also elevate them.

Elevated triglycerides may be a consequence of other disease, such as untreated diabetes mellitus, kidney disease, polycystic or ovary syndrome. Some medications and family history can be factors. High triglycerides are linked to the occurrence of coronary artery disease in some people.

Steps to take to lower your Triglycerides

Exercise regularly,

Aerobic activity like walking, jogging, biking, etc for at least 30 minutes, 5 days per week will have the greatest impact.

Lose weight if you are overweight

Quit smoking

Eat 3-6 small meals per day rather than large meals.

Limit beverages

These include beer, wine, liqueur, fruit juices, regular soda, smoothies, sports drinks and sweetened coffee and tea drinks

Avoid Saturated fats

Fats that are solids at room temperature including animal fats, lard, butter and shortening should be eaten sparingly. Fried foods, whole milk, cheese, cream cheese, sour cream, high fat meals and fast foods contain saturated fats as well.



More Steps to Take to Lower your Triglycerides ...

❑ **Avoid Trans fats**

Trans fats or hydrogenated fats are found in margarine, vegetable shortening, fried foods, fast foods and most commercial snack foods such as pastries, cakes, pies, crackers, etc.

❑ **Limit Sugar**

Limit concentrated sweets such as sugar, honey, molasses, jams, jellies, and candy. Products made with high fructose corn syrup should also be limited as well as desserts such as pies, cakes, cookies, candy, doughnuts, ice cream, and sweetened gelatin. Sugar free products like diet soda do not raise triglycerides, but they do support your sweet tooth, which can cause cravings for foods that should be limited.

❑ **Choose starchy foods wisely:**

Concentrated starchy foods like bagels, pasta, rice, potatoes, large rolls, pizza, pretzels, popcorn, chips, many fat-free foods like cookies, doughnuts, crackers and ready-to-eat sweetened cereals need to be watched. Choose **small portions** of these due to their **high carbohydrate density**. Or choose the high fiber versions of these products like brown rice, high fiber breads, cereals and rolls, whole wheat pasta, etc. Check the label for the fiber content as labeling can sometimes be misleading. Often times some types of wheat bread can be very low in fiber. You want high fiber products. Try other grains such as millet, quinoa, barley or bulgur.

❑ **Eat lots of vegetables, 5-10 servings/day. Have fruit for a sweet treat**

At least 3 servings of vegetables each day is recommended and 2 servings of fruit. Limit fruit juices, even fresh squeezed because it has a high sugar content.

❑ **Make low fat meat choices or consider other sources of protein**

Select lean meats, poultry without skin, beans, lentils, nuts and low fat soy products. Eat fish at least twice a week.

❑ **Include Dairy products**

Use fat free or 1% milk, fat free or low fat yogurt, as well as low fat cheeses.

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