

LOWERING YOUR TRIGLYCERIDES

Our bodies store dietary fats within our tissue and some float in the blood for reserve energy, as triglycerides (TG). A problem arises however if the TG levels get too high. There is an increased risk of stroke as well as a link to developing heart disease and diabetes. Monitoring triglycerides is important in tracking risk of these diseases. **A normal level of triglycerides (TG) is below 150 mg/dl.** The test should be done after fasting for 8-10 hours.



Ways to lower Triglycerides

Decrease or eliminate sweets:

- Soda, candy, cookies, pies, pastries, desserts, fat free desserts, concentrated fruit juice

Decrease or eliminate alcohol

Decrease refined carbohydrates: *

- * White bread, white rice, white pasta, white flour, pretzels, rice cakes, low fiber cereals
- INSTEAD: use whole grain breads, cereals, pasta, to increase fiber intake
- Too much of any carbohydrate food will contribute to higher triglycerides

Choose foods rich in omega 3 fatty acids (good fats):

- Fatty fish: salmon, mackerel, sardines, tuna, trout to name a few
- Flaxseed oil, not the capsules (refrigerate and do not cook with it), ground flaxseed, walnuts, soy products, dark leafy greens

Lose a few pounds if you are over weight:

- You may be surprised that a modest weight loss (10-15 lbs) can greatly reduce your TGs, cholesterol and heart disease risk.

Exercise regularly: aim for 3 ½ hours per week, which is 30 minutes a day, 7 days a week

Avoid trans-fatty acids in processed foods (check ingredients for partially hydrogenated oils)

Eat a diet low in saturated fats (Decrease butter, beef, fried foods, poultry skin, cream stuffs)

Use olive oil, canola oil, walnut oil, flaxseed oil, trans-fat free margarines and spreads