



Nutrition Keynotes



Dietary Guidelines for Reducing Triglycerides

Goal:

To decrease triglyceride levels in the blood.

What Are Triglycerides?	<p>Triglycerides are fats found in the blood and fat cells. A high triglyceride level in the blood may increase your risk of heart disease and may harm your pancreas.</p>
What Can Cause High Triglycerides?	<p>Lifestyle factors: Lack of exercise, being overweight, smoking Dietary factors: High sugar, fat, or calorie intake; alcohol; large amounts of highly refined carbohydrates Medical history: Poorly controlled diabetes, kidney disease, some medications, family history</p>
Foods That Raise Triglyceride Levels	<p>Alcohol: Beer, wine, liqueurs, hard liquor Saturated fats (solid at room temperature): Animal fats, lard, butter, fried foods, whole milk, high-fat meats, regular cheese, cream cheese Trans fats (hydrogenated oils): Margarine, shortening, packaged baked goods Concentrated sweets such as sugar, honey, syrup, molasses, jams, jellies, and candy Refined carbohydrates: Pies, cakes, cookies, donuts, frozen desserts, sweetened gelatin, white bread, white rice, baked goods made from white flour, low-fiber or sweetened breakfast cereals Beverages such as fruit juices, fruit drinks, regular sodas, smoothies, sports drinks, and sweetened coffee drinks Other foods: Potatoes, “sports” or “snack” bars</p>
Better Food Choices	<p>Fruits and vegetables: Fresh fruit (limit to three servings per day) and vegetables Breads and cereals: Whole-grain breads and crackers, brown rice, unsweetened high-fiber cereals Protein: Poultry without skin, fish (salmon, trout, tuna), eggs and egg substitutes, dried beans, peas, or lentils, soy products, lean meat Dairy: Fat-free or 1 percent low-fat milk, low-fat yogurt (100 calories or less), fat-free or low-fat cheese Fat: Olive, canola, soybean, or flax oils; avocados; walnuts; almonds Sugar-free products: Sodas and other diet beverages, gelatin, pudding, sugar substitutes</p>
Additional Tips	<ul style="list-style-type: none"> • Do aerobic exercise regularly, such as walking or cycling • Lose weight if you are overweight • Control blood sugars • Quit smoking • If your triglyceride level is over 500, ask a registered dietitian about a very-low-fat diet (15 percent of calories from fat)

For more information, please contact your registered dietitian or local Health Education Department.