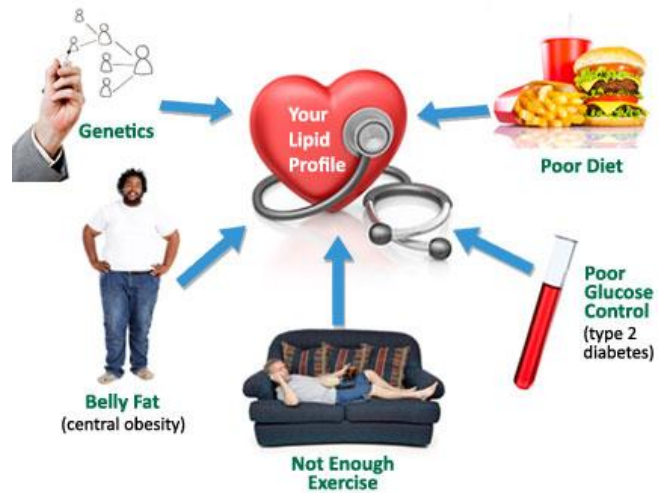


Managing High Triglycerides

WHAT CAUSES HIGH TRIGLYCERIDES?

- ♥ Being overweight.
- ♥ Sedentary/inactive lifestyle.
- ♥ A diet high in refined carbohydrates.
- ♥ A diet high in fat.
- ♥ Poorly controlled diabetes.
- ♥ Drinking alcohol regularly.
- ♥ Smoking cigarettes.
- ♥ Genetics.



HOW DO I LOWER TRIGLYCERIDES?

- ♥ Choose high fiber carbohydrates.
 - Choose whole grain/whole wheat products.
 - Include oat bran.
 - Read the labels and choose foods that have at least 2 grams of fiber per serving.
 - Limit refined grains such as white bread, white rice and pasta.
- ♥ Choose “good” fats.
 - Use monounsaturated and polyunsaturated fats.
 - Remember all fats are high in calories and should be used in moderation.
 - Examples of foods with good fats are nuts, natural peanut butter, avocados, canola, olive or peanut oils.
- ♥ Avoid “bad” fats.
 - Saturated fats should be less than 15-20 grams per day.
 - Found in coconut oil, palm oil, hydrogenated fats, animal fats, full fat dairy products (butter, cheese, cream, milk), fatty meats, vegetable shortening.
 - Trans-fats are partially hydrogenated oils and should be limited as much as possible.
 - Found in bakery goods, cookies, crackers, fast foods, deep-fried foods, stick and some tub margarines.
- ♥ Add omega 3 fatty acids
 - Eat 2-3 servings per week of “cold water” fish such as salmon, albacore tuna, and mackerel. One serving = 3 ounces.
 - Ground flax seed, flax seed oil, nuts and fish oil capsules.



- ♥ Eat fruits and vegetables.
 - Aim for 5-10 servings of fruits and vegetables every day.
 - Better choices are fresh or frozen with “no added sugars”.
 - Limit juice to 4 ounces and only use 100% fruit juice.
- ♥ Eat smaller and more frequent meals.
 - Eat three small meals and one to three snacks throughout the day.
 - Eating large amounts of food at one time creates more triglycerides.
- ♥ Aim for 60 minutes of physical activity per day.
 - Your muscles use triglycerides for energy.
 - Activity can be broken into smaller segments during the day.
 - Pedometers can help quantify activity level.
 - Limit screen time to two hours or less!



LIMIT SIMPLE SUGARS.

- ♥ Sugar has many names and it can be easy to underestimate how much sugar you are consuming in the foods you select.



- 12 ounces of regular soda has ~10 teaspoons of sugar.
- 1 teaspoon of sugar is equal to ~4 grams of sugar.
- Daily sugar intake should not exceed 10 teaspoons for men (~150 calories) or 6.5 teaspoons for women (~100 calories).

- ♥ Examples of foods with added sugars include: juice, regular soda, sports drinks, candy, baked goods, jam/jelly and sweetened cereals.
- ♥ Reading the food label can help identify added sugars. Watch for ingredients ending in “ose”. (That is the chemical name for many types of sugars.) Other examples of added sugars on food labels include:

- Dextrose, fructose, lactose, sucrose, maltose “ose”
- Anhydrous and crystal dextrose
- Brown sugar
- Confectioner’s powdered sugar
- Corn syrup and corn syrup solids
- High-fructose corn syrup
- Honey
- Invert sugar
- Malt syrup
- Molasses
- Nectars (agave, peach nectar, pear nectar, fruit nectar)
- Cane juice, sugar cane juice, cane syrup
- Maple syrup

