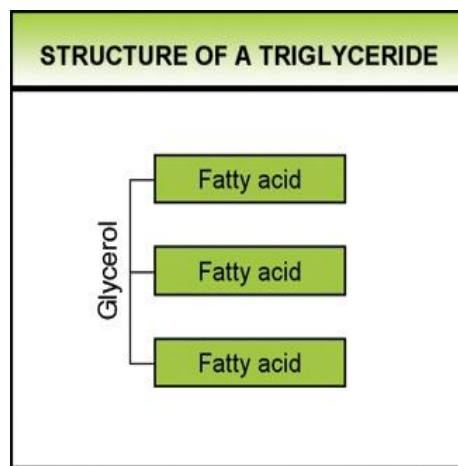


Tallahassee Memorial Metabolic Health Center

TRIGLYCERIDES

1. Triglycerides are one of the lipids (fats) in the bloodstream. Elevated levels of triglycerides in the blood are associated with an increased risk of coronary artery disease. When triglycerides go up, HDL Cholesterol (the good “helper” cholesterol) goes down and the LDL particles become smaller and denser, so they are more likely to be deposited in arteries. Very high triglycerides increase the risk of pancreatitis, a serious condition.



2. Triglyceride levels

- Normal: less than 150 mg/dl
- Borderline-high: 150-199 mg/dl
- High triglycerides: 200-499 mg/dl
- Very high: 500 mg/dl or higher

3. What causes triglycerides to be elevated:

- Being overweight or obese
- Uncontrolled diabetes
- Physical inactivity
- Cigarette smoking/tobacco use
- Excess alcohol drinking, including beer and wine
- Very high carbohydrate diets
- Certain drugs such as steroids and oral estrogens
- Genetic factors

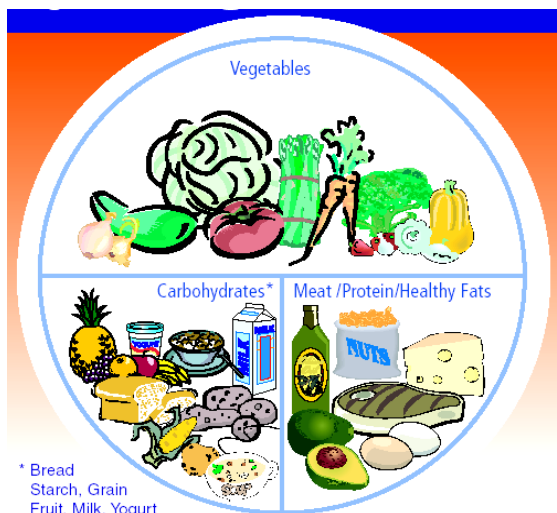
4. How can I lower my triglyceride levels?

- Avoid all sugar-sweetened beverages. Reduce the use of added sugars.
- If you are overweight, reduce food portions and decrease sugar and saturated fat intake in order to reduce calorie consumption.
- Gradually increase your physical activity.
- Reduce or stop drinking alcohol including beer and wine.
- Work with the dietitian for more specific advice on your eating habits.
- Reduce your saturated fat intake from fatty meats, cheese, sweets, fried foods, and solid fats like bacon grease, butter and coconut oil.
- Avoid trans fats from partially hydrogenated oils, used in pie crusts, biscuits, some cookies and dinner rolls, and commercially fried foods.
- If your triglycerides are very high, you may be asked to severely reduce fat intake temporarily to decrease the chance of getting pancreatitis. This means eating very little fat including good fats like nuts and oils.

5. Plan your meals to have small portions of carbohydrate foods and lean meats and large portion of vegetables.

Fill half your plate with low calorie vegetables like broccoli, green beans, greens, salads, carrots, cabbage and squash.

Limit carbohydrates to $\frac{1}{4}$ of the plate. Carbohydrates include bread, rice, potatoes, corn, peas, pasta, fruit, sweets and milk. Try to eat whole grains and legumes and avoid sweets and refined grains.



Fill a fourth of your plate with lean meat like fish, chicken, turkey and lean beef and pork.

Eat small amounts of good fats like olive or canola oil and nuts.