



What are triglycerides?

Triglycerides (TGs) are one type of fat in your blood. High levels of TGs increase your risk of heart disease, stroke, and pancreatitis. Healthy eating, regular exercise, and weight loss, if indicated, can help lower your TG level.

Blood levels of TGs (mg/dL):

Normal	Borderline	High Risk	*Very-High Risk
less than 150	150-199	200-499	more than 500

Helpful Tips to Lower Your Triglycerides

LIMIT Foods High in Added Sugar

The National Lipid Association and the American Heart Association recommend:

Limit added sugar each day to no more than



6 teaspoons for women



9 teaspoons for men

Tips to DECREASE Added Sugar

- Limit sweet foods like cookies, cakes, pies, cheesecake, pastries, candy, and ice cream.
- Avoid sugary drinks like regular soda, fruit drinks, lemonade, coffee drinks, sports drinks, and energy drinks.
- Limit fruit juice (even 100% fruit juice) to ½ cup each day.
- Choose whole fruit (berries, melon, apples, oranges, etc.) at meals and for snacks. Whole fruit is high in natural sugars, but also contains fiber.



AIM for a Healthy Weight

If you are overweight, eat more vegetables and other low-calorie foods.

- Eat less high calorie foods.
- Loss (5-10% of your current weight) may lower your TGs.



LIMIT Starchy Foods

When choosing starchy foods, keep portions small. Choose 100% whole grain breads, cereals, crackers, pasta, and brown rice instead of white. Oats and dried beans and peas are great choices. Starchy foods like white breads, cereals, corn, crackers, pasta, potatoes, and white rice can increase TGs.



INCLUDE Healthy Fat and Lean Protein at Meals

Eating too little fat may lead to high TGs. Eat foods with healthy fats. Measure a small amount of vegetable oil (canola, corn, olive, safflower, or soybean) in cooking. Choose unsalted nuts, seeds and nut butters or avocado at meals and snacks. Eat fewer foods with unhealthy fats like fatty meats, high-fat dairy foods and high-fat desserts.



AVOID Alcohol or CONSUME Only Small Amounts

Alcohol can increase your TGs and has extra calories which make weight loss harder.



MAKE Exercise Part of Your Day

- Get at least 30 minutes of moderate exercise most days.
- For TG-lowering and weight loss, aim for 200 to 300 minutes per week; even in small bouts each day.

How Much Sugar Are You Eating And Drinking?

Coffee Frappuccino, 13 oz	12 teaspoons	
Sugar sweetened cola, 12 oz	10-11 teaspoons	
Orange juice, 12 oz	9-10 teaspoons	
Fruit smoothie, 12 oz	9-10 teaspoons	
Cranberry juice or lemonade, 12 oz	8 teaspoons	
Fruit flavored sports drink, 12 oz	6 teaspoons	
Ice cream, ½ cup	7 teaspoons	
Pudding, ½ cup	5 teaspoons	

*If your TGs are over 500 mg/dL, you may need to follow a special nutrition plan. Please consult your healthcare provider for additional treatment and a referral to a registered dietitian nutritionist (RDN).

A RDN can help you make a heart-healthy meal plan that works best for your lifestyle and support you in your nutrition journey. Talk with a RDN for the answers to your nutrition questions.