



# When Your Triglycerides Are Over 1,000 mg/dL

Advice from the National Lipid Association Clinician's Lifestyle Modification Toolbox

When your triglycerides are over 1,000 mg/dL, you may be at risk of pancreatitis (pan-cree-a-tie-tis.)

Triglycerides (TGs) are the main fat in food. After we eat foods with fat, our body makes "chylomicrons" that carry TG in the blood. When your body is not able to break down chylomicrons very well, your blood TGs may rise to 1,000 mg/dL or more. TGs this high can inflame your pancreas and cause other health problems.

## A Very Low-Fat Chylomicron-Clearing Meal Plan is Key to Lowering Severely Elevated TGs

A chylomicron-clearing meal plan is very low in fat – no more than 20-30grams of fat per day (about 10-15% of your total daily calories.)

All meals are very low in fat and high in fiber. The following are also important:

- No alcohol, not even beer or wine
- No fruit juice, soda, or sugary drinks
- No sweets or desserts like cakes, candies, cookies, pies, pastries, and ice cream
- No adding sugar or syrups or honey
- Avoid refined foods like white flour, bread or rice, breakfast cereal, and most store-bought snacks. Instead, eat whole grain foods high in fiber.

### Other Tips to Clear Chylomicrons

- Your healthcare provider may prescribe medicine and dietary changes to lower your blood TGs.
- If you take other medicines and supplements, review them with your healthcare provider. Some raise TGs.
- If you have diabetes, work with your healthcare provider to control your blood sugar.
- If you are overweight, weight loss may help lower your TGs.
- Move more! Try to do 30 minutes of exercise most days to lower TGs.

Blood TGs will improve in about two weeks for most people on the chylomicron-clearing meal plan.

Once TGs are below 500 mg/dL, you may be able to slowly add more fat to your diet. Eating foods high in fat, sugar, or alcohol will cause your TGs to rise again. If you have a very rare genetic cause of very high blood TGs, you will need to stay on a very-low-fat meal plan for life.

Use the Nutrition Facts label or a food-tracking app to find the amount of fat and sugars in food. Choose foods lowest in total fat and sugars in food. Choose foods lowest in total fat and sugars. Measuring food helps you keep fat and sugar low.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Serving size 2 slices (56g)		Total Fat 1.5g	2%	Total Carbohydrate 36g	13%
Calories 170		Saturated Fat 0.5g	3%	Dietary Fiber 2g	7%
per serving		Trans Fat 0.5g		Total Sugars 1g	
		Cholesterol 0mg	0%	Includes 1g Added Sugars	2%
		Sodium 280mg	12%	Protein 4g	
		Vitamin D 0mcg 0% • Calcium 80mg 6% • Iron 1mg 6% • Potassium 470mg 10% Thiamin 15% • Riboflavin 8% • Niacin 10%			

### A Sample Chylomicron Eating Plan

#### Breakfast:

- 1 cup non-fat milk
- 1 cup cooked oatmeal (plain) with cinnamon OR
- 1 cup sugar-free dry oat cereal OR
- Egg white and vegetable omelet cooked in a non-stick pan, with 100% whole-wheat, high-fiber toast

#### Lunch & Dinner:

- 3–4 oz. chicken or turkey breast without skin or low-fat fish
- ½ cup cooked beans or lentils
- 3 servings non-starchy vegetables (1 serving = ½ cup cooked or 1 cup raw)
- ½–1 cup starchy vegetable or whole grain like brown rice, or 1–2 slices whole-wheat high-fiber bread
- Optional: 1 serving fruit and 1 cup non-fat milk OR
- 6 oz. of plain, non-fat regular or Greek yogurt

#### Snacks:

- Non-starchy vegetables with fat-free dip
- Fat-free cottage cheese with raw vegetables
- For flavor and variety, use spices, herbs, vanilla, vinegars, fat-free broth, 1 tsp. mustard, fat-free mayo, zero-calorie sweeteners, sugar-free gelatin, or up to 2 tbl. de-fatted powdered peanut butter

**Note:** This diet may also help if your TGs are 500-999 mg/dL.

If you have very high TGs, ask to see a registered dietitian nutritionist (RDN). A RDN can help you plan a balanced menu. A RDN can help you decide if you need nutritional supplements, like MCT oil.