

# Triglycerides

## *Expertise in Matters of the Heart*

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| <ul style="list-style-type: none"> <li>• Triglycerides are the fat reserves stored in the body</li> <li>• Triglycerides are normally transported in the blood to provide energy and nutrients to cells</li> <li>• These triglycerides can come from the triglycerides in the foods we eat</li> <li>• They are also manufactured by the body from other food sources – when excess food isn't used as energy, the body stores it as fat, and blood triglycerides rise</li> <li>• High triglycerides can lead to atherosclerosis and is a risk factor for heart disease</li> <li>• High triglycerides may be related to:             <ul style="list-style-type: none"> <li>– Excess calorie intake</li> <li>– High sugar and carbohydrate intake (greater than 65% of total calorie intake)</li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>– High fat intake (greater than 30% of total calorie intake)</li> <li>– High intake of alcohol (greater than 2 drinks per day for men or 1 drink for women)</li> <li>– Obesity</li> <li>– Low level of physical activity</li> <li>– Other disease conditions such as hyperthyroidism, poorly controlled diabetes, obstructive jaundice, or kidney problems</li> <li>• If blood levels of triglycerides are over 150 mg/dl try to limit sugar, fat and alcohol</li> <li>• A controlled carbohydrate diet (with at least 1/2 of carbohydrate choices being 100% whole grains and fruits), exercise and weight loss will help to lower triglycerides</li> <li>• Limit the intake of sugar sweetened foods and beverages to 150-250 calories per day             <ul style="list-style-type: none"> <li>– One 20oz non-diet soda has 250 calories – all from sugar</li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>• Choose low-sugar or sugar free beverages and desserts instead</li> <li>• Limit 100% fruit juice to 8oz. per day             <ul style="list-style-type: none"> <li>– Though rich in vitamins and minerals, 100% fruit juice in excess will raise blood triglycerides</li> </ul> </li> <li>• Omega-3 fatty acids found in fatty fish such as salmon, tuna, mackerel and sardines are beneficial for reducing triglycerides             <ul style="list-style-type: none"> <li>– Include 2 fatty fish meals per week or consider taking a fish oil supplement that provides up to 3 grams omega-3 per day.</li> </ul> </li> </ul> |
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