

Lower Your TRIGLYCERIDES Naturally



Triglycerides are fats that travel through the blood and are stored in fat cells. In fact, triglycerides are the main type of fat in your body. The amount of triglycerides in your blood is an important part of your cholesterol panel. Cholesterol and triglycerides are different. Cholesterol is used to build cells and some hormones and triglycerides are energy sources that are stored in fat cells for later use.

Sedentary lifestyle, cigarette smoking and increased body weight can lead to high triglyceride levels. High triglyceride levels increase risk for heart disease, heart attacks, stroke and fatty liver disease. Higher triglyceride levels are common in people with diabetes.

Triglyceride levels are influenced by lifestyle. Making recommended changes to diet, exercise and weight can quickly improve triglyceride levels. Regular exercise, tobacco use cessation, moderate weight loss and improved diet choices can significantly decrease triglyceride levels.

***A Normal Triglyceride Level Is Defined As Less Than
150 mg/dl of Blood***



Lifestyle Recommendations to Decrease Elevated Triglyceride Levels

1. Obtain a Healthy Weight

If you are overweight, losing 5-10% of your body weight will reduce your triglycerides by about 20%. For a person who weighs 200 pounds, just 10-20 pounds of weight loss can make a significant decrease in triglyceride levels. Focus on reducing overall calorie intake, as extra calories are stored as triglycerides.

2. Exercise regularly

Getting at least 30 minutes of moderate-intensity exercise most days of the week can help lower triglyceride levels. Increasing overall activity and decreasing sedentary time can also improve triglyceride levels.

3. Avoid Added Sugars

Added sugars are sugars that are added during the processing of foods. Sucrose, dextrose, corn syrup and honey are common sugars added to processed foods. People who eat minimal amounts of added sugars have the lowest triglyceride levels. Soda, sports drinks, candy, baked goods, ice cream, and sweetened coffee drinks contribute high amounts of added sugar to American diets. Read food labels and ingredients and look for products without added sugars.

4. Decrease or Eliminate Alcohol

Drinking alcohol can increase triglyceride levels. For some people, even small amounts of alcohol can cause high triglycerides. The type of alcohol doesn't matter as beer, wine, and mixed drinks all appear to have the same effect.

5. Focus on Fiber

High fiber diets can lead to reduced triglyceride levels. Processed grains such as white rice, pasta, white bread and other white flour products are low in fiber and quickly increase triglyceride levels. Choose fruits, vegetables, legumes and whole grains such as quinoa, brown rice, oatmeal and 100% whole wheat products.

6. Choose Foods Rich in Omega-3 Fats

Regular intake of omega-3 fats can reduce triglyceride levels. Fatty fish, ground flaxseed, flaxseed oil, soy foods, legumes, walnuts and dark leafy green vegetables are good sources of omega-3 fats. Aim for 2-3 servings of fatty fish (salmon, mackerel, sardines, herring, tuna, and trout) per week. Supplements can also be effective. Choose higher quality brands such as Nordic Naturals, Carlson, Barleans, Metagenics and Xymogen.

7. Choose Fats Wisely

High fat diets increase triglycerides. Reduce saturated fats and eliminate trans (hydrogenated) fats. Choose lean and low fat animal products, limit tropical oils and avoid foods with "partially-hydrogenated oil" listed in the ingredients. Include small amounts of extra virgin olive oil, organic canola oil, avocado, nuts or natural nut butter to your daily diet.

A Registered Dietitian Nutritionist can work with you to set realistic goals, identify potential barriers, and create plans for success. To schedule an appointment with a dietitian at South Denver Cardiology, call 303-744-1065 option 2.



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Eat Well, Live Well