

Care Gram

Triglycerides

What Are Triglycerides?

Triglycerides are a type of fat found in our bodies. Normal levels for triglycerides are 150 mg/dL or less after a 12 hour fast. Having high amounts of triglycerides in the blood is known as hypertriglyceridemia. This can increase your risk for heart disease.

You are more likely to have a high triglyceride level if you:

- Have others in your family with high triglycerides
- Eat too many calories
- Are overweight
- Eat too much carbohydrate or fat
- Have prolonged high blood sugar levels
- Drink too much alcohol

How Can I Lower My Triglyceride Level?

Choose Healthy Fats

- Limit saturated fat to less than 7 percent of your total calories per day. For example, if you are using a 2,000 calorie meal plan, limit saturated fat to 15 grams or less per day.
 - Saturated fat is found in animal products, such as meat, butter, some types of milk, sour cream, coconut oil and palm oil.
 - Choose lean cuts of meat and low-fat dairy products.
 - Limit products made from animal fat, such as butter and sour cream.
- Choose unsaturated fats
 - These fats are liquid oils commonly found in plant-based oils and in fish.
 - Examples include peanut oil, soybean oil, canola oil, olive oil, flax seed and avocado.
 - Choose fish high in omega-3 fatty acids, such as salmon or mackerel, instead of high-fat meats twice a week.



**Licking Memorial
Health Systems**

1320 West Main Street • Newark, Ohio 43055
(220) 564-4000 • www.LMHealth.org

1616-0524
09/10/2020
Page 1 of 2

Eat Moderate Amounts of Carbohydrates

- Choose complex and high fiber containing carbohydrate, such as whole wheat bread, beans and legumes, vegetables and whole pieces of fruit.
- Avoid sugary drinks, such as soda pop, Kool-Aid[®], energy drinks, sweet tea and large amounts of fruit juice.
- Limit desserts, such as candy, chocolates, pies and cookies.

Limit or Avoid Alcohol

- Even small amounts of alcohol can raise triglycerides.

Lose Weight (if you are overweight)

- If you are overweight, losing 7 to 10 percent of your body weight can improve triglycerides.

Other Ways to Lower Triglycerides

- Exercise at least 30 minutes, 5 days a week.
- If you are a smoker, stop smoking.
- Take medication as ordered by your doctor.