



High Triglycerides?

HERE'S WHAT YOU CAN DO

What are triglycerides?

Triglycerides are fats found in the blood. A high triglyceride level may increase your risk of heart disease, and may harm your pancreas.

What can cause high triglycerides?

- **Lifestyle factors:** lack of exercise, being overweight, smoking
- **Dietary Factors:** high sugar, fat or calorie intake, alcohol, large amounts of highly refined carbohydrates
- **Medical history:** poorly controlled diabetes, kidney disease, some medications, family history

What if lifestyle changes don't lower my triglyceride level?

If diet and lifestyle changes that are listed above don't lower your triglyceride levels enough, additional diet or medication changes may be needed.

Simple dietary changes and 30 minutes of daily physical activity can help lower triglycerides.



How do I lower my triglycerides?

- **If you are overweight, try to lose weight.** Losing as little as 10 pounds can help.
- **Limit alcohol to 2 drinks a week.** If your triglycerides are over 500, avoid alcohol.
- **Limit sugars,** including sweetened drinks, candy, desserts, ice cream, sugar coated foods and fat free baked goods. Limit fruit juice to 4 oz. per day.
- **If you have diabetes,** keep your blood sugars under good control.
- **Eat a low fat, high fiber diet.** Whole grain foods, fruits, and vegetables provide fiber. Use small amounts of monounsaturated fats such as olive or canola oil, avocado & nuts.
- **Eat fish at least twice a week.** Salmon, mackerel, herring, trout, water-packed albacore tuna, and water-packed sardines are good choices. Fish provides omega-3 fatty acids which may lower triglycerides.
- **Dietary supplements that provide omega-3 DHA and EPA fatty acids** may lower your triglyceride levels when they are high. Discuss this choice with your doctor.
- **If you smoke, quit.**
- **Take medications if prescribed.**
- **Exercise regularly.** Start with 10 minutes of daily activity such as walking, bicycling or swimming. Work up to at least 30 minutes or more of exercise on most days. Ask your doctor how to get started safely.

High Triglycerides—Here's what you can do

Changes to lower your triglycerides

Use LESS of these	Use these INSTEAD
<ul style="list-style-type: none">• fatty cuts of meat, sausage, bacon, hot dogs, luncheon meats	<ul style="list-style-type: none">• fish, lean meat, beans, lentils, chicken or turkey without skin
<ul style="list-style-type: none">• fried foods	<ul style="list-style-type: none">• baked, broiled, grilled foods
<ul style="list-style-type: none">• potato, corn or tortilla chips, cheese puffs, regular popcorn, crackers	<ul style="list-style-type: none">• crunchy vegetables, fresh fruit
<ul style="list-style-type: none">• whole or 2% milk, whole milk cheeses (cheddar, Swiss, jack, American)	<ul style="list-style-type: none">• fat-free or 1% milk, reduced fat cheeses (3 gm fat/oz or less)
<ul style="list-style-type: none">• cakes, pies, doughnuts, cookies, pastries, ice cream, sherbet, jello, candy, chocolate	<ul style="list-style-type: none">• fresh or unsweetened fruit (3–4 pieces/day) sugar-free jello or popsicles
<ul style="list-style-type: none">• lard, butter, stick margarine, vegetable oil	<ul style="list-style-type: none">• canola, olive oil
<ul style="list-style-type: none">• sugar-sweetened soft drinks, lemonade, fruit drinks, sport drinks	<ul style="list-style-type: none">• water, tea, diet soft drinks, sugar-free sparkling water, unsweetened juice (limit 4 oz/day)
<ul style="list-style-type: none">• beer, wine, wine coolers, liquor, liqueurs	<ul style="list-style-type: none">• limit alcohol to no more than 2 drinks per week

Learn More

Webinars – Live Online Classes

View these free, one-hour classes through your web browser as you listen through your telephone. These classes are presented by Kaiser Permanente medical experts. Topics include:

- Smoking Cessation
- Cholesterol: Taking Control
- Celiac Disease and Going Gluten-Free
- Diabetes: Learn to Take Charge

View complete class listings, class schedules, and register at kpwebinars.org.

Nutrition Services

Schedule an appointment with a registered dietitian or weight management specialist.

- Denver/Boulder: 303-338-4545 (TTY for the deaf, hard of hearing, or speech impaired: 303-338-4428), 7 a.m. to 6 p.m., weekdays.
- Southern Colorado: 719-595-5715 (TTY: 1-800-659-2656), weekdays, 8 a.m. to 5 p.m.

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your doctor or other health care professional. If you have persistent health problems, or if you have additional questions, please ask your doctor. If you have questions or need more information about your medication, please speak to your pharmacist.

For additional information

For more classes and resources, contact Health Education at **1-866-868-7112**, (TTY: **1-800-659-2656**), weekdays, 8 a.m. to 5 p.m.

Kaiser Permanente Online Resources

- Visit kp.org and search “triglycerides”.
- Visit kphealthyme.com for weight management resources.
- Visit kp.org/healthylifestyles for personalized plan and support for Weight Management, Smoking Cessation and more.