



NUTRITION KEYNOTES

Dietary Guidelines for Reducing Triglycerides

Goal: To decrease triglyceride levels in the blood.

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

Foods That Raise Triglyceride Levels

- **Alcohol:** Beer, wine, liqueur, hard liquor
- **Saturated fats:** Animal fats, lard, butter, fried foods, whole milk, high-fat meats, regular cheese, cream cheese, palm kernel oil, coconut oil
- **Trans fats (partially hydrogenated oils):** Margarine, shortening, packaged baked goods, fast food
- **Concentrated sweets:** Sugar, honey, syrup, molasses, agave, brown rice syrup, jams, jellies, candy
- **Some carbohydrates:** Pies, cakes, cookies, donuts, frozen desserts, sweetened gelatin, white bread, white rice, baked goods made from white flour, low-fiber or sweetened breakfast cereals, white potatoes, “sports” or “snack” bars
- **Beverages:** Fruit juices; fruit drinks; regular sodas; smoothies; sports drinks; sweetened coffee drinks; energy drinks; sweetened soy, almond, or rice milk

Better Food Choices

- **Omega-3 fatty acids** help decrease triglycerides. Food high in omega-3 fatty acids include fatty fish such as salmon or trout, canola oil, walnuts, chia seeds, ground flaxseeds, and flax oil. Ask your physician if you should take a fish oil supplement.
- **Fruits and vegetables:** Fresh fruit (limit to 3 servings a day) and vegetables
- **Breads and cereals:** Whole-grain breads and crackers, brown rice, unsweetened high-fiber cereals
- **Protein:** Fish; poultry without skin; eggs and egg substitutes; dried beans, peas, or lentils; soy products; lean meat
- **Fats:** Canola, extra virgin olive, or flax oils; avocados; nuts
- **Dairy:** Fat-free or 1% low-fat milk, low-fat yogurt (100 calories or less), fat-free or low-fat cheese, unsweetened almond or soy milk

Lifestyle Changes

- For lifestyle and weight management programs, call your local Center for Healthy Living or visit kp.org/centerforhealthyliving.
- Aim for 30 minutes of moderate physical activity 5 days a week.
- Wellness coaches can help you quit tobacco, manage your weight, or get active. Call Wellness Coaching by Phone at 1-866-862-4295 to make an appointment.

For more information, please contact your registered dietitian or local Center for Healthy Living.