

Guidelines for decreasing high triglycerides for people who do not have diabetes

These guidelines are to give you basic information on managing triglycerides. Schedule an appointment for the Taking Charge of Triglycerides class for complete information.

Triglycerides are a form of fat traveling in our blood. High levels of triglycerides are known to be associated with an increased risk of heart disease. If your blood triglycerides are elevated (greater than 150) you need to watch the type and amount of fat you eat, limit your intake of alcohol, sugar and sweets. If you have diabetes, maintaining good blood sugar control by managing carbohydrate intake will help decrease triglycerides levels.

Here are some guidelines to help you lower your triglycerides:

Step 1. Decrease the amount of saturated fat you eat. Saturated fat is found in meat fats, butter, cream, cheese and whole milk. It is also found in coconut oil, palm oil, cocoa butter and hydrogenated oils that are commonly used in commercially prepared snack foods.

Do not eliminate fat. A diet too low in fat can actually raise triglycerides. In place of saturated fats, choose monounsaturated and polyunsaturated fats. These fats are found in vegetable oils, fatty fish (such as tuna and salmon), soy foods and nuts and nut butters.

Follow the guidelines on page two to help you reduce saturated fat intake.

Step 2. Limit your intake of alcohol to **two drinks per week:**

One drink equals:

- 1½ ounce of 80 proof gin, rum, vodka, whiskey, etc.
- 2 ounces dessert or sweet wine
- 5 ounces dry table wine
- 12 ounces beer

Step 3. Minimize your intake of sweets and simple sugars.

CHOOSE

Sugar substitutes
Sugar-free pancake syrup
Vanilla wafers, gingersnaps, angelcake
Diet soda/beverages
Sugar-free jam/jelly
Sugar-free yogurt
Unsweetened applesauce
Canned fruit with no syrup or sugar added
Unsweetened cocoa powder
100% fruit juice (no sugar added)
up to 1/2 cup per day
Sugar-free Jell-O® or pudding
Sugar-free popsicles or fudgsicles

INSTEAD OF

Candy, honey, molasses, sugar
Brown sugar, syrup
Cake, pie, other cookies, pastries
Regular soda, iced-tea, lemonade, Kool-aid, fruit juices
Regular jam/jelly
Regular yogurt
Applesauce (sweetened with sugar)
Canned fruit in light syrup
Cocoa sweetened with sugar
Fruit juice with sugar or fruit punch

Jell-O® or pudding with sugar
regular popsicles or fudgsicles

- Step 4.** Maintain desired body weight. Being overweight can raise triglycerides. Weight loss can help to lower triglycerides.
- Step 5.** Eat at least three meals per day. Skipping meals and overeating at another meal can raise triglycerides.
- Step 6.** Exercise on a regular basis.

To help reduce fat, saturated fat and cholesterol intake:

CHOOSE	INSTEAD OF
Skim or 1% milk.....	Whole or 2% milk
Fat-free yogurt	Regular yogurt (plain or sweetened with NutraSweet®)
Trans-fat free tub or spray margarine*	Stick margarine
Mayonnaise (fat-free).....	Butter
Oils (olive, canola, corn, sunflower,.....)	Hydrogenated oils, coconut or palm oil, safflower, soybean)*
Unsalted nuts*	Salted nuts, cashews, macadamia nuts
Fat-free sour cream	Sour cream
Fat-free cream cheese	Cream cheese
Low-fat* or fat-free salad dressing	Cheese-based or cream-based salad dressing
Chicken or turkey (white meat, no skin)	Breaded chicken patties, sweet and sour chicken
Ground turkey	Regular deli turkey
Soy burgers*	Hamburger
Ground beef (93% lean or higher)	Ground beef (70 to 80% lean)
Filet mignon, sirloin, flank steak	Prime rib, delmonico, T-bone, porterhouse
Pork tenderloin, pork chop (trimmed).....	Rib-eye steak
Egg substitute.....	Eggs
Haddock, salmon,* tuna*	Ham, sausage, bacon, fried fish, baked stuffed lobster or shrimp
Fat-free or low-fat (1%) cottage cheese	Cottage cheese
Cheese with up to 5g of fat per ounce	Cheese with more than 5g of fat per ounce
Baked potato chips	Potato chips
Stir-fry vegetables	Deep-fried vegetables, vegetables in cream or cheese sauce
Baked potato	French fries

* contain monounsaturated or polyunsaturated fats

If you have questions, a nutrition education specialist is available to help at 1-508-852-6175 or 1-888-392-0183.