



Diet for High Triglyceride Levels

Why was Nutrition Therapy Prescribed?

Triglycerides are a type of fat in your blood. If you have high triglyceride levels, this can increase your risk for heart disease.

This nutrition therapy helps lower blood triglycerides. To control your triglyceride levels and keep your heart healthy, you need to:

- Eat moderate (not high) amounts of carbohydrate.
- Stay at a healthy weight.
- Get regular physical activity.
- Choose fats wisely:
 - Include unsaturated fats, especially omega-3 fatty acids, in your diet
 - These types of fats may lower your triglycerides and keep you healthier.
 - Eat very little saturated fat. Saturated fats are found in foods with fat from animals, as well as coconut and palm kernel oils.
 - Also limit the cholesterol that you eat.
- Eat plenty of vegetables, fruits, and whole grains. These foods are high in fiber and have nutrients that your body needs for good health.
- Enjoy nonfat and low-fat milk and milk foods.
- Choose lean meats and fish and other protein foods that are low in fat.
- Limit the amount of alcohol that you drink.
- Choose foods low in sodium (salt).

Recommended Foods

| Food Group | Recommended Foods |
|------------------------------|--|
| Grains | Whole-grain, high-fiber breads Oatmeal and oat products Barley Brown rice Whole grain, high-fiber breakfast cereals Whole wheat pasta |
| Vegetables | Fresh, frozen, or canned vegetables The Healthiest choices do not have added saturated fat or trans fat, added sugar, or added salt |
| Fruit | Fresh, frozen, or canned fruits The healthiest choices do not have added saturated fat or trans fat or added sugar. |
| Meat and other Protein Foods | Fish, especially fatty types that are high in omega-3 fatty acids (salmon, mackerel, sardines) Poultry without skin, Lean pork and beef (look for cuts marked "loin" or "round") Meat alternatives made with soy protein or textured vegetable protein, such as tofu or veggie burgers, Dried beans and peas (such as black beans, pintos, lentils, split peas) Peanut butter, Egg whites and egg substitutes. |
| Milk | Fat-free or low-fat milk and milk products, Nonfat (skim) to 1% fat milk, Low-fat buttermilk, Nonfat or low-fat yogurt, Fat-free or low-fat cheeses, including cottage cheese |
| Fats and Oils | Canola oil, soybean oil, walnuts, flaxseed oil, and ground flaxseeds (all sources of heart-healthy omega-fatty acids). Other unsaturated fats, including olive oil, peanut oil, avocado, nuts, and seeds. Soft or liquid margarines. |