Triglycerides are a form of **FAT** that circulates in your blood. Triglycerides are used as an **ENERGY SOURCE** by your body.

Of adults in the U.S., have an **ELEVATED** triglyceride level.

Although your body needs some triglycerides, **TOO MUCH** may lead to heart disease, stroke or severe abdominal pain due to **IRRITATION** of the pancreas.

Your clinician will check your triglyceride level with a simple **BLOOD TEST**, usually as part of a full lipid profile test that will report your Total Cholesterol, LDL cholesterol and HDL cholesterol.

Compare your triglyceride level to the following categories:

- **NORMAL**: less than 150 mg/dL
- **BORDERLINE HIGH**: 150-199 mg/dL
- **HIGH**: 200-499 mg/dL
- **VERY HIGH**: 500 mg/dL or more

Speak to your health care provider about the results of your entire lipid profile, including your triglyceride level. If your patients’ triglyceride level is 150 mg/dL or above, you need to engage in a more comprehensive discussion about triglycerides with them.

For more information on triglycerides, visit [LEARNYOURLIPIDS.COM](http://LEARNYOURLIPIDS.COM)