

## ▶ LOSE SOME WEIGHT BY EATING FEWER CALORIES AND EXERCISING:

Eat smaller portions of high calorie foods and larger portions of vegetables and other low calorie foods. If you are overweight, your triglyceride level will be reduced by even a small weight loss (**5-10% of your current body weight**).

- Get **30 minutes** of moderate exercise most days of the week. Walking, biking, swimming, dancing and tennis are examples of moderate exercise.

## ▶ LIMIT THE AMOUNT OF STARCHY FOODS YOU EAT:

Starchy foods like breads, potatoes, pasta, noodles, cereal, crackers, rice, and corn are broken into sugars by your body. These sugars can become triglycerides if large amounts of starchy foods are eaten.

- Choose moderate servings of **whole grains** such as oats, brown rice, whole wheat bread, and dried beans and peas.

## ▶ INCLUDE SOME HEALTHY FAT IN YOUR DIET:

If you limit your fat intake too much you will be hungry for more sweet or starchy foods, which could increase blood triglycerides. To eat less saturated fat and minimize trans fat (the unhealthy fats), limit the amount of fatty meats, high-fat dairy products (cheese, ice cream, butter), and high-fat desserts that you eat.

- Instead, use limited amounts of liquid vegetable oils and soft margarine, unsalted nuts and seeds, and avocado.
- These fats provide the same number of calories as unhealthy fats, so enjoy small portions. Some reduced-fat or fat-free products (especially salad dressings, mayonnaise and peanut butter) may have more sugar than the regular product.
- Read labels carefully and look at the Nutrition Facts label for Total Carbohydrate and sugar, and the ingredient label for added sugar.



**Make sure half your plate is filled with different colored vegetables, one-quarter with a low saturated fat protein food, and only one-quarter with fiber-containing starchy foods.** Most vegetables are low in carbohydrates and calories, and high in fiber, and they are filling both in your stomach and on your plate. Accent your plate with healthy fats and add a serving of fruit and dairy. To speed your weight loss, choose a smaller plate which will help you eat fewer calories.

# How to Reduce Triglycerides with Healthful Eating and Physical Activity\*

## ▶ LIMIT FOODS HIGH IN SUGAR:

Some of the sugar you eat becomes triglycerides in your body. Regular soda, sugar-sweetened beverages (fruit-flavored drinks, lemonade, coffee drinks, some sports drinks, some flavored waters), and fruit juice (even if unsweetened) are high in sugar.

Whole fruit (berries, melon, apples, oranges, etc.) is high in natural sugar, but also contains fiber, so fruit can be part of a healthy meal or snack.

## ▶ AVOID ALCOHOL OR CONSUME IN ONLY SMALL AMOUNTS:

Alcohol causes the body to make more triglycerides and provides extra calories that make weight loss harder.

## How Much Sugar Are You Eating And Drinking?

Coffee Frappuccino, <b>13 oz</b>	<b>12 teaspoons</b> 
Sugar sweetened cola, <b>12 oz</b>	<b>10-11 teaspoons</b> 
Orange juice, <b>12 oz</b>	<b>9-10 teaspoons</b> 
Fruit smoothie, <b>12 oz</b>	<b>9-10 teaspoons</b> 
Cranberry juice or lemonade, <b>12 oz</b>	<b>8 teaspoons</b> 
Fruit flavored sports drink, <b>12 oz</b>	<b>6 teaspoons</b> 
Ice cream, <b>½ cup</b>	<b>7 teaspoons</b> 
Pudding, <b>½ cup</b>	<b>5 teaspoons</b> 

The American Heart Association recommends no more than **100 calories/day** (6 ½ teaspoons) from added sugar for women and **150 calories/day** (10 teaspoons) for men. When reading nutrition facts labels, check total carbohydrate content, not just the sugar content. The total carbohydrate number includes both sugar and starches and gives the best information about how much the food could raise your triglyceride level.

*\*If your triglycerides are over 500 mg/dL, special nutrition recommendations may be important. Please consult with your healthcare provider. In addition to healthy lifestyle and diet changes, your clinician may recommend additional forms of medical treatment or therapy to lower your triglyceride levels. Please consult with your healthcare provider.*

