

TRIGLYCERIDES

Triglycerides are a fat found in both the body and in foods. Like saturated fat, triglycerides trigger the liver to make more cholesterol, therefore increasing levels of LDL and total cholesterol. High triglycerides are likely to increase your chances of developing heart disease. A healthy level is less than 150 mg/dL.

Tips for Improving your Triglycerides:

1. Lose weight if you need to.

- Aim for a BMI between 18.5 and 25

2. Exercise.

- Your goal for physical activity should be *at least* 30 minutes of exercise a day 5 days a week. Running, walking, swimming, cycling, and another endurance exercises are especially good for your heart.

3. Stop Smoking.

4. Limit foods high in refined (or highly processed) carbohydrates

- Foods high in refined carbohydrates include:
 - ❖ Regular soda
 - ❖ Sugar, honey, maple syrup, corn syrup, jam/jelly, molasses, candy
 - ❖ Pudding, Ice cream, sherbet, popsicles, sorbet, frozen yogurt
 - ❖ Pie, cake, cookies, pastries, doughnuts
 - ❖ Fruit juices with added sugars
- Choose whole grain foods most often, such as whole wheat breads & cereals, oatmeal, oat bran, brown rice, and whole-wheat pasta.

5. Increase intake of omega-3 fatty acids

- Good sources of omega-3 fatty acids include salmon, herring, mackerel, anchovies, sardines, walnuts, soybeans, tofu, flaxseed oil, and canola oil.

6. Choose foods that are low in fat, especially saturated fat. Saturated fat is found mostly in foods from animals and some plants.

- Foods from animals that contain saturated fat include beef, beef fat, veal, lamb, pork, lard, poultry fat, butter, cream, milk, cheeses and other dairy products made from whole and 2 percent milk.
- Foods from plants that contain saturated fat include coconut, coconut oil, palm oil and palm kernel oil (often called tropical oils), and cocoa butter.

7. Avoid alcohol.

