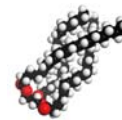




TRIGLYCERIDES



What are triglycerides?

Triglycerides, a type of fat found in the human body, are made of fatty acids & glycerol. Excess food that isn't burned is converted to triglycerides & stored in the body. Triglyceride levels can become too high in the blood, this condition is known as, **Hypertriglyceridemia**.

Hypertriglyceridemia means having too much fat in your blood. When triglyceride levels are too high, it may lead to clogged blood vessels, which can cause a stroke or heart attack.

What should my triglyceride levels be?

A normal triglyceride level is considered to be less than 150 mg/dl. Borderline-high is 150-199 mg/dl. A high level would be 200-499 mg/dl. A very high level is 500 or over. Your doctor can determine your triglyceride level by doing a simple blood test.

What causes high triglycerides?

- Foods high in refined or simple sugar.
- Drinking alcohol.
- Prolonged stress
- Being overweight/not exercising.
- Consuming high fat and high cholesterol foods.

How can I lower my triglycerides?

- Avoid eating foods high in refined sugar.
 - Sweet desserts, candy, soft drinks, sweetened cereal, etc.
- Reduce fat and cholesterol intake at meals and snacks.
 - Egg yolks, red meats, bacon, sausage, butter, whole milk, full fat cheeses, etc.
- Avoid drinking alcohol.
- Achieve and maintain a healthy weight.
- Add fish, fruits, vegetables and whole grain to your diet.
- Exercise.
 - Walking/running, swimming, biking, aerobics