
Triglycerides

What are they?

- Triglycerides are the most common type of fat in the body.
- They store excess energy.
- Having high levels can increase your risk of heart disease.
- High levels can be caused by eating extra calories or carbohydrates (sugars).
- Levels may also be high due to lifestyle. If you smoke, are overweight, use excessive alcohol, are not physically active, or take certain medicines you may be at risk.
- Genetics can also cause high levels.
- Uncontrolled diabetes, liver or kidney diseases, or thyroid diseases may lead to high levels.
- Exercise and diet can improve your numbers.

A fasting triglyceride level less than 150 mg/dL is considered normal.

How to lower triglycerides:

- **Eat healthy fats**
 - Choose foods rich in monounsaturated and omega-3 fats. Limit foods high in saturated and trans fats. Good options include olive oil, fatty fish, walnuts, chia seeds, and avocado.
- **Limit processed foods**
 - Processed foods are often higher in saturated fat and added sugar. Choose foods that are baked, broiled, or grilled and add fruits and vegetables.
- **Add high fiber foods**
 - Beans, oatmeal, vegetables, fruit, whole grains, whole wheat bread products are all high fiber foods.
- **Achieve a healthy weight**
 - Contact a dietitian about joining the MOVE program or work individually with a dietitian on weight management goals.
- **Eat and drink less added sugar**
 - Consider avoiding regular soda, juice, and limiting desserts.
- **Drink less alcohol**
 - Limit or avoid alcohol. One standard drink is considered 12 oz. of regular beer, 5 oz. wine, 1.5 oz. distilled spirits.
- **Be active**
 - Exercise can help balance lipid levels. Set a goal for at least 30 minutes of physical activity 5 days per week.