



# HEALTH FOR LIFE

## Guidelines To Lower Triglycerides

Triglycerides are fats which enter the blood through the diet from calories, fat, sugar and alcohol. Triglycerides also are made in the liver and circulate in the blood with other fats such as cholesterol. A triglyceride level below 150 mg is best. Abnormally high triglyceride levels increase the risk of getting heart disease. The following are some general guidelines to follow to help lower triglyceride levels:

- Lose weight with sensible low fat food and regular exercise.
- Eat low fat foods by avoiding foods high in fat or have hidden fats.
- Eat foods low in sugar and avoid foods made with simple sugars, such as desserts, candy, jelly, jam, syrup, pies, cakes, soft drinks or beverages. These foods cause the body to make triglycerides.
- Do not buy products that list any of the following among the first two ingredients on the label:
  - ▶ Sugar
  - ▶ Fructose
  - ▶ Corn syrup
  - ▶ Dextrose
  - ▶ Natural sweeteners
  - ▶ Honey
  - ▶ Sucrose
- Some other tips may be helpful to decrease the amount of simple sugar in your diet:
  - ▶ Avoid sugar coated cereals or adding sugar to your cereal
  - ▶ Used canned fruit which has no sugar or syrup added or is marked "light"
  - ▶ Avoid too much fruit juices, especially those with added sugar. One half cup a day is best
  - ▶ Use sugar-free sweeteners such as nutra-sweet instead of sugar to sweeten foods
  - ▶ Drink sugar free beverages
- Eat more fiber and complex carbohydrates, such as whole grain breads, cereals, pasta, dry beans, fruits and vegetables.
- It is best to avoid alcohol completely. If you do drink alcohol, limit yourself to 1 serving a day. One drink is equal to 12 oz. of beer, 4 - 6 oz. of wine or 1 oz. of distilled spirits such as rum, scotch, or vodka.

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