

# Ways to Lower your Triglycerides

## What are Triglycerides?

- Is a type of fat found in your blood
- Triglycerides are affected by what you eat and drink



## What if my triglycerides are high?

- If your levels are high you can get more fat sticking in your vessels
- If there is a lot of fat sticking to your vessels it can block the blood flow
- If a blood vessel is blocked you may have a heart attack or stroke

## What causes high triglycerides?

- Being overweight
- Drinking too much alcohol
- Having high blood sugars
- Eating sugary and sweet foods
- Eating high fat foods



## What can I do to lower my triglycerides?

- Aim for a healthy weight
- Try to get 150 minutes of physical activity each week. This means your heart is beating faster and your breathing is heavier.
- If you have diabetes, try to keep your blood sugars in target
- Eat healthy foods



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## How can I eat healthy to lower my triglycerides?

1. Limit meat to 2 - 3 servings each day (a serving is the size of a deck of cards)



2. Trim fat off meat and take the skin off birds

3. Try to have non-battered fish 2 times a week (trout, pickerel, perch, salmon, tuna, sardines, whitefish, pike, etc.)



4. Choose lean meats such as wild meat and birds



5. Choose low fat dairy such as skim, 1% or 2% milk, light cheese and low fat yogurt

6. Try to use oils like canola and olive oil when cooking. Limit lard, butter and bacon fat.

7. Cook meat in a way that fat drains away such as baking, boiling, or roasting. Fry foods less often.

8. Drink water instead of juice and pop when you are thirsty



9. Eat the whole fruit instead of juice. Fruit has less sugar and more fibre.



10. Try to use an artificial sweetener (Splenda®, Equal®, Sugar Twin®, etc.) instead of sugar

11. Limit foods high in sugar such as pop, candy, juice, ice cream, chips, cookies, jam, honey, table sugar, coffee whitener, high sugar cereals, etc.

12. Limit alcohol to no more than 3 drinks for men and 2 drinks for women per day. Or do not drink at all.

- Even one drink can increase triglycerides in some people
- You cannot save drinks so you can have them all in one day



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