

High Triglycerides

and Alcohol Intake



Hypertriglyceridemia, or high triglycerides is an elevation of fat in your bloodstream. If untreated, it can have very serious effects on your health. High triglycerides can be a result of genetic mutations, lifestyle factors, or a combination of both. Triglycerides levels are strongly affected by alcohol intake and effective management of triglycerides may involve reducing your alcohol intake

What are the risks of drinking when I have high triglycerides?

- ◆ When you drink alcohol, the calories from alcohol are converted into triglycerides by the liver. Fat accumulates in the liver and in the blood, which can increase your risk of cardiovascular disease, fatty liver disease, pancreatitis, and other complications.
- ◆ Gout is a painful condition that is commonly seen in people with high triglycerides. Gout can be worsened by drinking alcohol
- ◆ Alcohol is also very calorie-dense, 1g of alcohol contains 7 Calories (in comparison, 1 g of sugar is only 4 Calories). Reducing your alcohol intake may also aid in gradual weight loss which has other health benefits.

Guidelines:

People with high triglycerides should limit their alcohol intake as much as possible. Specific guidelines vary depending on the severity of your diagnosis but in general, moderate alcohol intake is defined as *no more than 2* drinks per day for men and *no more than one* drink per day for women. Binge drinking should be avoided at all times.

Help and Resources:

Ontario Drug and Alcohol Helpline: **1-800-565-8603**

Canadian Centre on Substance Abuse: <http://www.ccsa.ca/>

What is one drink?

5 oz (142 ml) wine
(12% alcohol)

**12 oz (341 ml) beer,
cider, or cooler** (5%
alcohol)

**1.5 oz (43 ml) shot of
spirits** (40% alcohol)