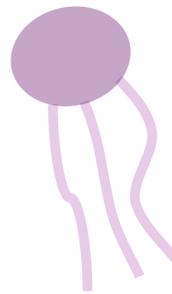


Dietary Guidelines for *High Triglycerides*

High triglycerides is a risk factor for cardiovascular disease, one of the top killers of Canadians. High levels of triglycerides in the blood can be due to obesity, diabetes, or a genetic condition. It is important to control your triglyceride levels as excess triglycerides are associated with elevated risk of cardiovascular disease. In addition to any medications you may have been prescribed, it is important to follow a heart-healthy diet and get regular exercise to further decrease your risk of cardiovascular disease.

Know your Lipids

Triglycerides are the most common fat molecule in our bodies. The body converts any excess calories you eat into triglycerides for storage.



Blood triglyceride levels are significantly impacted by diet and lifestyle as well as other genetic factors. Diets high in refined carbohydrates (such as sugar and white bread), and alcohol signal the liver to produce more triglycerides. Saturated fat from the diet also raises triglyceride levels, however omega-3 fats (found in fish) help lower triglycerides.

General Guidelines for Healthy Living

Aim for at least 150 min/ week moderate-vigorous intensity physical activity. Include muscle and bone strengthening exercise at least twice a week.

If you are overweight, weight loss will reduce your triglyceride levels.

Do not smoke, avoid second-hand smoke.
Smoking is associated with higher triglycerides

If you have hypertension, try to limit your sodium intake to 2300 mg/day.

Set realistic goals for yourself

Make changes gradually.

Get Active! Be more physically active by trying out these activities:

Walk or bike to work or the store. Take the stairs instead of the elevator

Go for a round of golf and walk instead of riding in the cart, carry your own clubs

Sign up for a dance class

Go swimming

Chores: raking leaves, house cleaning, and mowing the lawn

Get your family involved and plan fun, active family activities!



Healthy Eating with High Triglycerides

- Consume a diet high in fruits, vegetables, and whole grains
 - ◊ A Mediterranean-style diet that emphasizes intake of fruits, vegetables, fish, and olive oil and limits meats, saturated fats, and refined carbohydrates has been shown to be beneficial
- Decrease consumption of saturated and trans fats and replace with unsaturated fats and lean protein sources
 - ◊ Omega-3 fats have been shown to lower triglyceride levels. Your doctor may recommend an omega-3 supplement.
- Avoid alcohol, limit intake to no more than two drinks a day for men and one drink a day for women
- Limit carbohydrate consumption to whole grains and low glycemic index foods

Eat More Often	Eat Less Often
Whole grains: Oats, whole grain bread, quinoa, corn	Refined carbohydrates: White bread, ready-to-eat cereals, fruit juices with added sugar, commercial baked goods
Sources of omega-3 fatty acids: Fish (salmon, tuna, mackerel, herring), flaxseed, nuts, soybean oil, canola oil	Trans-fat. Often found in commercial baked goods, hard margarines (“partially hydrogenated vegetable oil”)
Unsaturated fat: olive, canola, safflower, sunflower, soybean, and corn oils	Saturated fats: Butter, lard, shortening, coconut oil, palm oil Fried foods (chips, French fries, donuts, etc.)
Low fat dairy products	Full fat dairy products
Low glycemic index foods: parboiled/converted rice, whole grains, legumes	High glycemic index foods: white rice, white bread, potatoes

How much is one serving?

One Standard drink is:

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)

A serving of **meat/fish** is 75 g, or about the size of the **palm of your hand**

A serving of **pasta or rice** is 1/2 cup, or about the size of a **computer mouse**

A serving of **yogurt, oatmeal, or tofu** is 3/4 cup, or about the size of a **tennis ball**

A serving of **cheese** is 50 g, or about the size of **two thumb tips**

