

Prepared For:		Date:	
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High Triglycerides Nutrition Therapy

Triglycerides are a type of fat in your blood. High triglyceride levels increase your risk for heart disease.

This nutrition therapy helps lower blood triglycerides. To control your triglyceride levels and keep your heart healthy, it is especially important for you to:

- Limit foods high in added sugar.
- Lose weight if you are overweight. A small weight loss (5 to 10 pounds) will lower triglyceride levels.
- Stay at a healthy weight and avoid weight gain.
- Limit starchy foods that contain refined carbohydrates and little fiber such as white bread, some cereals, crackers, noodles, and white rice.
- Eat plenty of vegetables, fruits, and fiber-rich whole grains.
- Choose healthy fats, especially omega-3 fatty acids from fish/seafood.

Tips

- Choose fats wisely:
 - Eat very little saturated fat. Saturated fats are found in foods with fat from animals, as well as coconut and palm kernel oils.
 - Avoid trans fats. This fat is in any food made with hydrogenated oil, including many packaged and fried foods.
- Limit the cholesterol that you eat.
- Enjoy nonfat, 1%, and ½% milk and dairy products.
- Choose lean meats and fish and vegetable protein foods that are low in saturated fat, for example:
 - Beans
 - Lentils
 - Soy
 - Nuts and seeds
- Choose foods low in sodium (salt).

Foods Recommended

Food Group	Recommended Foods
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Grains	<p>Whole grain, high-fiber breads</p> <p>Oatmeal and oat products</p> <p>Barley</p> <p>Brown rice</p> <p>Whole grain, high-fiber breakfast cereals</p> <p>Whole wheat pasta</p>
Vegetables	<p>Fresh, frozen, or canned vegetables low in sodium</p> <p>* The healthiest choices do not have added saturated fat, trans fat, added sugar, or added salt</p>
Fruit	<p>Fresh, frozen, or canned fruits</p> <p>* The healthiest choices do not have added saturated fat, trans fat or added sugar</p>
Meat and Other Protein Foods	<p>Fish, especially fatty types that are high in omega-3 fatty acids (salmon, albacore tuna, mackerel, sardines)</p> <p>Poultry without skin</p> <p>Lean pork and beef (look for cuts marked "loin" or "round")</p> <p>Meat alternatives made with soy protein or textured vegetable protein, such as tofu or veggie burgers</p> <p>Dried beans and peas (such as black beans, pintos, lentils, split peas) Peanut butter and other nut butters</p> <p>Egg whites and egg substitutes</p>
Milk	<p>Nonfat (skim) to 1% fat milk and milk products</p> <p>Low-fat buttermilk</p> <p>Nonfat or low-fat yogurt</p> <p>Fat-free or low-fat cheeses, including cottage cheese</p>
Fats and Oils	<p>Canola oil, soybean oil, walnuts, flaxseed oil, and ground flaxseeds (all sources of heart-healthy omega-fatty acids)</p> <p>Other unsaturated fats, including olive oil, corn oil, sunflower oil, safflower oil, peanut oil, avocado, nuts, and seeds</p> <p>Soft or liquid margarines</p>

Foods Not Recommended

Food Group	Foods Not Recommended - Avoid
Grains	Breads and cereals that contain saturated fat or trans fats, such as doughnuts, biscuits, croissants, or Danish Commercially prepared muffins, pastries, pies, cookies, or cakes
Vegetables	Vegetables that are fried or served with cheese, cream sauce, or butter
Fruits	Fruits that are fried or served with cheese, cream sauce, or butter
Meat and Other Protein Foods	Fatty (marbled) cuts of meat, such as prime cuts of beef, ribs, T-bone steaks, regular hamburger Bacon or sausage Hot dogs Most cold cuts, such as salami and bologna Chicken or other poultry with skin on More than 3 egg yolks per week Commercially fried poultry, fish, meats
Milk	Whole-fat dairy products, such as whole milk, 2% milk, regular cheese, cream, ice cream
Fats and Oils	Butter Stick margarine Shortening Lard Coconut oil, palm kernel oil, or palm oil Hydrogenated oil (the source of trans fats)
Alcohol	All (beer, wine, liquor, mixed drinks with alcohol)
Other	Commercially fried snack foods Nondairy cream substitutes made with coconut oil Sugar, brown sugar, corn syrup, honey Cakes, candies, cookies, and dessert snack foods Sweetened beverages

High Triglycerides Sample 1-Day Menu

Breakfast	1/2 cup egg substitute 1 slice whole-wheat toast 1 teaspoon margarine 1/2 grapefruit 1 cup skim milk 1 cup brewed coffee
Lunch	4 oz sliced chicken breast, for salad 1/4 cup chickpeas, for salad 1/4 avocado, for salad 2 tablespoons olive oil and vinegar dressing 5 whole-grain crackers
Afternoon Snack	6 oz plain, low-fat yogurt 1/2 cup blueberries
Evening Meal	6 oz broiled salmon 2 teaspoons olive oil, for salmon 1/8 cup slivered almonds, for salmon 1/2 cup brown rice 1 cup stir-fried vegetables 2 teaspoons peanut oil, for vegetables 1 whole wheat roll 1 teaspoon margarine 1 sliced tomato 1 oz mozzarella cheese 1/2 cup fresh fruit salad 1 cup tea

Notes