

TRIGLYCERIDE FACTS

What is triglyceride?

Triglyceride is a fat in your blood that is stored in your body. These fats come from foods that we eat. Our body can also make these fats from starchy or sugary foods. When food is eaten at a meal and not used soon for energy then it is changed to triglyceride and stored in fat cells. This stored fat can later be used for energy by the body.

What is Hypertriglyceridemia?

This means that there is too much fat in the blood. The fat can clog the blood vessels. Clogged blood vessels can raise your risk for heart attack or stroke.

What should be your triglyceride level?

The National Cholesterol Education Program guidelines are as follows:

Normal level	Less than 150 mg./dL.
Borderline-High	150 to 199 mg./dL.
High	200 to 499 mg./dL.
Very High	500 mg./dL. or higher



NOTE: The above results are based on an overnight fast from food and alcohol.

How can you lower you high triglycerides?

1. If you are overweight, cut down on calories to lose weight. Your healthcare provider or dietitian can help you set a goal weight.
2. If you drink alcohol, decrease or cut out the amount. Small amounts of alcohol can raise your triglyceride levels.
3. Be physically active for at least 30 minutes each day on most days. One hour of physical activity each day is the best target to work toward.
4. If you smoke, get help to stop.
5. Follow recommended dietary intake shown on the back.
6. Eat small, frequent meals.
7. Limit sugar intake.

Where can you go for more information?

- American Heart Association: www.americanheart.org—provides information about preventing and treating heart disease and stroke.
- Academy of Nutrition and Dietetics: www.eatright.org—provides up-to-date information on dietary patterns.
- National Heart, Lung and Blood Institute: www.nhlbi.nih.gov—provides resources on how to analyze your diet, heart healthy diets and physical activity.
- Your Local Public Health Nutritionist or Dietitian.



DAILY FOOD CHOICES FOR A HEALTHY HEART



Food Group	What is a serving?	Select More	Instead of:
Bread, cereal, crackers, rice, pasta	6 to 11 servings each day Bread = 1 slice	Whole grains, English muffin, bagels, other products prepared without egg yolk	Breads made with egg yolk or cheese, sweet roll, Danish, muffins, biscuits, waffles, French toast, pancakes, cornbread, croissants
	Cereal = 1 ounce ready to eat (cold) Cereal = ½ cup cooked	Unsweetened, high fiber, hot or cold	Presweetened, granola-type, those containing coconut and/or palm oil
	Crackers = 4 to 6	Saltines, wheat saltines, lowfat wheat crackers	Varieties containing lard, coconut or palm oils; partially or fully hydrogenated oils
	Rice = ½ cup cooked	Rice prepared without fat	All fried and buttered rice
	Pasta = ½ cup cooked	Pasta made without egg yolk	Chow mein and egg noodles or pasta
Vegetables	3 to 5 each day Vegetable = 1 cup raw, chopped = ½ cup cooked = 1 cup leafy Vegetable Juice = ¾ cup	All fresh, frozen and canned vegetables without added fat White potatoes, sweet potatoes Winter squash Summer squash	Buttered, creamed or fried vegetables, potatoes or squash
Fruit	2 to 4 each day Fruit = 1 piece Melon wedge = 1 piece Canned fruit = ½ cup Juice = ¾ cup Dried fruit = ¼ cup	All fresh, frozen or canned fruit packed in fruit juice or with no sugar added	Coconut and canned fruit packed with sugar or syrup
Milk, yogurt, cheese	2 to 3 servings each day Milk, yogurt = 1 cup	Skim, 1%, fat free milk or yogurt; nonfat dry milk powder or fluid milk; buttermilk made with skim milk; evaporated skim milk	Whole, 2% milk or yogurt; sweetened condensed milk; Half & Half; powdered dairy creamers; evaporated whole milk; whipping cream; chocolate and other flavored milks; all other whole milk dairy products
	Cheese cubes serving = 1½ to 2 ounces <u>Reference</u> 1½ ounces = size of 6 dice	Lowfat cheeses with 5 grams of fat or less per ounce skim milk mozzarella	High fat cheeses cheddar colby cream provolone swiss
Meat, fish poultry, eggs, dried beans, peas, peanut butter	2 to 3 servings each day Meat, poultry, fish = 2½ to 3 oz. cooked	Lean cuts of meat (round, chuck, sirloin, rump) ; fish; turkey and chicken Remove all visible fat and skin. Limit to 3 ounce servings.	High fat meats—steaks, organ meats, bacon, processed lunchmeats
	Eggs = 1 egg	Egg whites, egg substitute	Whole eggs and egg yolks, limit to 3 to 4 each week
	Dried beans = ½ cup cooked Black-eyed Peas = ½ cup cooked	Dried beans or black-eyed peas prepared without fat	Dried beans or black-eyed peas prepared with fat
	Peanut Butter = 2 tablespoons Nuts = 1 ounce	Natural or processed	Peanut butters with added flavors
Fats, Soups, Desserts	Limit calories from these foods, especially if you need to lose weight. Use sparingly. Fats	Liquid vegetable oils (canola, olive, peanut, safflower, soybean, sunflower) Tub, squeeze bottle or soft margarines Nuts	Shortening, butter, lard, hydrogenated fats and oils, Coconut, palm and palm kernel oil Trans fats (hydrogenated fats) Sour cream Nondairy creamer
	Soups	Fat-free bouillon, soups made with skim milk and/or vegetables without fat	Creamed soups
	Desserts	Sugar-free gelatin, lowfat pudding with graham crackers, vanilla wafers, sugar-free and fat-free frozen yogurt, other lowfat choices with artificial sweeteners	Candies, cookies, cakes, pies, jams, jellies, ice cream, chocolate, ice milk
Beverages	Eight 8 ounce glasses of water each day	Coffee, tea, sugar-free drinks, unsweetened fruit juice and vegetable juice with calorie limits	Alcohol, sweetened drinks, sweetened fruit juice, flavored coffee beverages, chocolate and other flavored milks