

<b>Prepared For:</b>		<b>Date:</b>	
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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.
- Get regular physical activity.
- Limit the amount of alcohol that you drink.
- 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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<b>Grains</b>	<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>
<b>Vegetables</b>	<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>
<b>Fruit</b>	<p>Fresh, frozen, or canned fruits</p> <p>* The healthiest choices do not have added saturated fat, trans fat or added sugar</p>
<b>Meat and Other Protein Foods</b>	<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>
<b>Milk</b>	<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>
<b>Fats and Oils</b>	<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

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

## High Triglycerides Sample 1-Day Menu

<b>Breakfast</b>	1/2 cup egg substitute 1 slice whole-wheat toast 1 teaspoon margarine 1/2 grapefruit 1 cup skim milk 1 cup brewed coffee
<b>Lunch</b>	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
<b>Afternoon Snack</b>	6 oz plain, low-fat yogurt 1/2 cup blueberries
<b>Evening Meal</b>	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

## High Triglycerides Vegan Sample 1-Day Menu

<b>Breakfast</b>	1 cup oatmeal made with: ½ cup soymilk fortified with calcium, vitamin B12, and vitamin D 2 tablespoons raisins ¼ cup walnuts 1 cup coffee
<b>Lunch</b>	1 cup chickpeas ¼ avocado 2 tablespoons olive oil and vinegar dressing 5 whole grain crackers 1 apple 1 cup soymilk fortified with calcium, vitamin B12, and vitamin D
<b>Evening Meal</b>	½ cup tofu ½ cup brown rice 1/3 cup broccoli, stir-fried 1/3 cup mushrooms, stir-fried 1/3 cup peas, stir-fried 2 teaspoons olive oil 1 whole wheat dinner roll ½ cup cantaloupe 1 teaspoon margarine, soft, tub
<b>Evening Snack</b>	1 ounce pretzels 1 tablespoon peanut butter

## High Triglycerides Vegetarian (Lacto-Ovo) Sample 1-Day Menu

<b>Breakfast</b>	<ul style="list-style-type: none"><li>½ cup egg substitute</li><li>1 slice whole wheat toast</li><li>1 tablespoon margarine, soft, tub</li><li>¾ cup blueberries</li><li>1 cup 1% milk</li><li>1 cup coffee</li></ul>
<b>Lunch</b>	<ul style="list-style-type: none"><li>1 corn tortilla</li><li>1 cup black beans</li><li>¼ avocado</li><li>¼ cup salsa</li><li>1 cup cucumbers</li><li>½ cup grapes</li></ul>
<b>Evening Meal</b>	<ul style="list-style-type: none"><li>1 cup lentil soup</li><li>1 whole wheat roll</li><li>1 tablespoon margarine, soft, tub</li><li>Salad made with: ½ cup broccoli</li><li>1 cup cherry tomatoes</li><li>1 ounce mozzarella cheese</li><li>Oil, olive, salad or cooking</li><li>1 teaspoon balsamic vinegar</li><li>1 cup cantaloupe</li></ul>
<b>Evening Snack</b>	<ul style="list-style-type: none"><li>1 cup low-fat yogurt</li><li>½ cup strawberries</li></ul>

## Notes