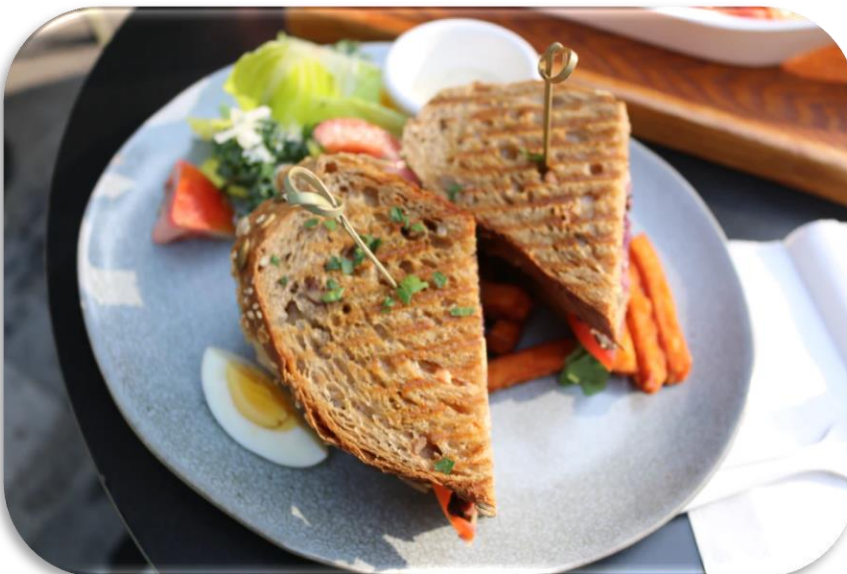




LOWERING TRIGLYCERIDES

What lifestyle changes can I make to reduce my triglyceride levels?

- ✓ Decrease total fat intake: choose **unsaturated fats** more often (certain oils, nuts, and seeds)
- ✓ Increase fish sources of **omega-3** fat to protect your blood vessels
- ✓ Increase your fibre consumption: choose **soluble fibre** more often
- ✓ Reduce excess **waist** measurement
- ✓ Decrease/avoid **alcohol** consumption and **smoking**
- ✓ Eat < 3 meals and < 3 snacks per day
- ✓ 60 minutes of **physical activity** once a day
- ✓ Decrease intake of sugars and refined **carbohydrates**
 - ✓ White flour, white bread, white rice, sodas, pastas, sweets, pastries, added sugars, and several breakfast cereals
- ✓ Keep **blood sugars** well controlled (relates to those with prediabetes/diabetes)



What are triglycerides?

They are a fat/lipid. Any unused calories resulting after a meal are converted into triglycerides and are later stored in fat cells. Hormones can trigger the release of triglycerides for extra energy.

Why do I need to regulate my triglyceride levels?

- ✓ High triglyceride levels can cause thickness in the blood and increase clotting.
- ✓ High triglyceride levels put you at a higher risk of stroke, heart attack, and heart disease