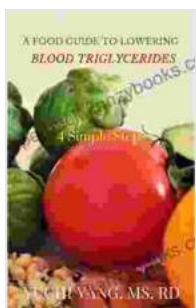


# Food Guide To Lowering Blood Triglycerides

High levels of triglycerides, a type of fat found in the blood, can increase your risk of heart disease. Triglycerides are produced naturally by the body, but they can also be increased by eating too much saturated and trans fat, sugar, and alcohol. Lowering triglycerides is an important part of maintaining a healthy heart.



## A Food Guide to Lowering Blood Triglycerides: 4 Simple Steps

★★★★☆ 4.1 out of 5

Language	: English
File size	: 1011 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 88 pages
Lending	: Enabled



## What are Triglycerides?

Triglycerides are a type of fat that is stored in the body's fat cells. When you eat, your body breaks down the food into glucose, which is then used for energy. Triglycerides are made from excess glucose that is not used for energy. Triglycerides are released into the bloodstream when you need energy.

## Risks Associated with High Triglycerides

High levels of triglycerides can increase your risk of heart disease. Triglycerides can build up in the arteries, which can lead to plaque formation. Plaque is a hard substance that can narrow the arteries and make it difficult for blood to flow through. This can lead to a heart attack or stroke.

## How to Lower Triglycerides

There are a number of things you can do to lower your triglycerides, including:

- **Eat a healthy diet.** A healthy diet is low in saturated and trans fat, sugar, and alcohol. It is also high in fiber, fruits, vegetables, and whole grains.
- **Lose weight.** If you are overweight or obese, losing weight can help to lower your triglycerides.
- **Exercise regularly.** Exercise helps to burn calories and improve your heart health. Aim for at least 30 minutes of moderate-intensity exercise most days of the week.
- **Take medication.** If you have high triglycerides, your doctor may prescribe medication to help lower them.

## Food List for Lowering Triglycerides

The following is a list of foods that can help to lower triglycerides:

- **Fruits:** Apples, bananas, berries, grapes, oranges, pears, pineapple
- **Vegetables:** Artichokes, asparagus, broccoli, Brussels sprouts, carrots, celery, cucumbers, garlic, onions, spinach

- **Whole grains:** Brown rice, oatmeal, quinoa, whole wheat bread
- **Lean protein:** Chicken, fish, beans, lentils, tofu
- **Healthy fats:** Avocados, nuts, olive oil

## Tips for Eating a Healthy Diet

Here are a few tips for eating a healthy diet to lower triglycerides:

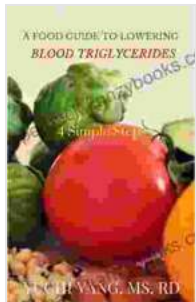
- Read food labels carefully. Pay attention to the amount of saturated and trans fat, sugar, and fiber in the foods you eat.
- Choose lean protein sources. Lean protein is lower in saturated fat than fatty protein sources.
- Limit your intake of sugary foods and drinks. Sugar can raise triglycerides levels.
- Add more fiber to your diet. Fiber helps to lower triglycerides levels.
- Make healthy choices when eating out. Many restaurants offer healthy options.

Lowering triglycerides is an important part of maintaining a healthy heart. By following the tips in this guide, you can lower your triglycerides and improve your overall health.

**\*\*Alt Attributes for Images\*\***

\* **\*\*Image 1:\*\*** A photo of a variety of healthy foods, including fruits, vegetables, whole grains, and lean protein. **\*\*Alt attribute:\*\*** A variety of healthy foods that can help to lower triglycerides. \* **\*\*Image 2:\*\*** A photo of a person exercising in a gym. **\*\*Alt attribute:\*\*** Exercise can help to burn

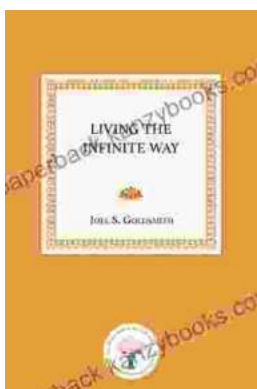
calories and improve your heart health. \* \*\*Image 3:\*\* A photo of a person reading a food label. \*\*Alt attribute:\*\* Read food labels carefully to choose healthy foods that are low in saturated and trans fat, sugar, and alcohol.



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