Ways to Lower your Triglycerides

What are Triglycerides?

- Is a type of fat found in your blood
- Triglycerides are affected by what you eat and drink

What if my triglycerides are high?

- If your levels are high you can get more fat sticking in your vessels
- If there is a lot of fat sticking to your vessels it can block the blood flow
- If a blood vessel is blocked you may have a heart attack or stroke

What causes high triglycerides?

- Being overweight
- Drinking too much alcohol
- Having high blood sugars
- Eating sugary and sweet foods
- Eating high fat foods

What can I do to lower my triglycerides?

- Aim for a healthy weight
- Try to get 150 minutes of physical activity each week. This means your heart is beating faster and your breathing is heavier.
- If you have diabetes, try to keep your blood sugars in target
- Eat healthy foods



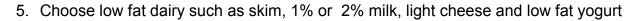




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How can I eat healthy to lower my triglycerides?

- 1. Limit meat to 2 3 servings each day (a serving is the size of a deck of cards)
- 2. Trim fat off meat and take the skin off birds
- Try to have non-battered fish 2 times a week (trout, pickerel, perch, salmon, tuna, sardines, whitefish, pike, etc.)
- 4. Choose lean meats such as wild meat and birds



- 6. Try to use oils like canola and olive oil when cooking. Limit lard, butter and bacon fat.
- 7. Cook meat in a way that fat drains away such as baking, boiling, or roasting. Fry foods less often.
- 8. Drink water instead of juice and pop when you are thirsty
- 9. Eat the whole fruit instead of juice. Fruit has less sugar and more fibre.
- 10. Try to use an artificial sweetener (Splenda ®, Equal ®, Sugar Twin ®, etc.) instead of sugar
- 11. Limit foods high in sugar such as pop, candy, juice, ice cream, chips, cookies, jam, honey, table sugar, coffee whitener, high sugar cereals, etc.
- 12. Limit alcohol to no more than 3 drinks for men and 2 drinks for women per day. Or do not drink at all.
 - Even one drink can increase triglycerides in some people
 - You cannot save drinks so you can have them all in one day

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