



Avance Care[®]

Your Healthcare *Simplified*.[™]

3 Tips to Lower Your Triglycerides

1. Limit refined carbohydrates and sweets.

Very high carbohydrate diets contribute to elevated triglycerides. Replace white bread products, white rice, candy, sugar-sweetened drinks, pastries, and white pasta with high fiber foods such as 100% whole wheat bread and pasta, brown rice, and other whole grains like quinoa, barley, and oats. Drink water or unsweetened seltzer, tea, or black coffee instead of sweet tea, soft drinks, sports drinks, juice, and lemonade.

2. If you drink alcohol, do so in moderation.

A moderate intake is defined as one drink per day for women, and two drinks per day for men. One drink is defined as one 12-ounce bottle or can of regular beer, 5 ounces of wine, or 1 ½ ounce of spirits.

3. Choose lean proteins, particularly fish.

Saturated and trans fats, found in red and processed meats and packaged snack foods, can contribute to high triglycerides. Choose fish, poultry, beans, and legumes more often. Aim to consume two, 3.5 ounce servings of fish per week, such as salmon or tuna. These fish are rich in omega-3 fatty acids, which are helpful in lowering triglycerides. If you do not eat fish, ask your doctor or dietitian if you should take a fish oil supplement.

Following the above guidelines can result in a triglyceride reduction of 20-50%! For more tips and to receive an individualized meal plan to help lower triglycerides, call (919) 237-1337 to make an appointment with one of our Avance Care registered dietitians.

AvanceCare.com