

Diet & Nutrition

Triglyceride levels may become higher from some of the foods you eat. Taking your medication(s) as directed by your doctor, along with eating a healthy diet and exercising daily, may help lower very high triglycerides. One way to have a healthy diet is to eat foods low in added sugars and saturated fats. Talk to your doctor about a fat-lowering diet that may help lower very high triglycerides.

The USDA's suggested serving size for meat is about the size of a deck of cards, or approximately 2-3 ounces. The leaner the cut of meat, the better.

Vegetables and fruit provide vitamins, minerals and fiber with fewer calories.

Blueberries are bursting with antioxidants.

Yellow squash is rich in beta-carotene and other carotenoids that are good for your eyes.

Green broccoli is high in vitamins, minerals, and antioxidants.

Purple grapes contain flavonoids that improve your blood flow.

Dietary changes may help lower very high triglycerides

Foods & Drinks	Drinks	Breads, Grains, Pastas & Beans	Fruits & Vegetables	Dairy, Fats & Oils	Meat & Fish
LOWER IN SUGAR OR SATURATED FAT	Water Fresh fruit juices "Sugar-free" or "diet"	Oats, whole wheat, quinoa, barley, millet, and brown rice Black-eyed peas, kidney, and pinto beans	Spinach and kale Cantaloupe, strawberries, peaches, and bananas	Low-fat milk Low-fat yogurt Soft margarine Olive and canola oil	Skinless chicken Skinless turkey Salmon, mackerel, albacore tuna, and trout
HIGHER IN SUGAR OR SATURATED FAT	Regular soda Concentrated fruit juices Fruit drinks Alcohol	Refined grains White rice Sweet rolls Muffins	Canned fruits in heavy syrup	Whole milk Sweetened yogurt Butter Cream	Fatty meats Lunchmeats Hot dogs