

Tips for Taming Triglycerides

Triglycerides are a type of fat found in our blood stream. Triglycerides are made from dietary fats or indirectly from added sugar and a high intake of alcohol. High triglycerides increase your risk of heart disease.

Here are some quick tips to help reduce your triglycerides:

- Reduce your intake of sugar and foods high in added sugar.
- Increase your intake of [heart healthy foods](#) high in dietary fibre.
 - E.g., whole grains, beans, lentils, vegetables
- Replace saturated and trans fat with unsaturated fats including [omega-3 fats](#).
 - E.g., Olive, safflower and sunflower oil, nuts, salmon, herring, flax seeds, avocado
- Reduce your saturated fat intake by choosing lean protein sources, and low-fat dairy.
 - E.g., 0-2% milk and yogurt, <20% cheese, lean cuts of meat, skinless chicken
- Reduce your intake of alcohol or avoid it all together.
- Bake, broil and roast your food rather than frying or deep frying.
- Choose to be active for 150 minutes per week in a way you enjoy!



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For more information on ways to reduce your [triglyceride](#) levels check out the following resources:

[Facts on Triglycerides](#)

[Heart Healthy Eating](#)

References:

Dietitians of Canada. Healthy Eating Guidelines for People with High Triglycerides. Practice-based Evidence in Nutrition [PEN]. Knowledge Pathway Cardiovascular Disease. 2018-05-08 [cited 2021 June 30]. Available from: <http://www.pennutrition.com>. Access only by subscription. Click [Sign Up](#) on PEN login page.

