

GETTING STARTED WITH LOWERING TRIGLYCERIDES

KNOW YOUR NUMBERS.

Make an appointment with your provider to check your total cholesterol, LDL, HDL, Triglycerides and Total Cholesterol: HDL ratio.



EAT MORE:

Vegetables, Fruits, Nuts and seeds, Olive or avocado oil, Avocados, Whole grains, Beans and legumes, Fish, Chicken and poultry (without skin), Low or non-fat dairy

EAT LESS:

Butter and full fat dairy products, Lard Red meat, Fried foods, Baked goods (muffins, cakes, croissants, cookies, etc), Coconut and palm oils

AVOID/EAT SPARINGLY:

Added Sugars, Alcohol, Shortening, Processed Meat



GET ENOUGH SLEEP

Get 7-9 hours of sleep per night
See a provider if you have trouble sleeping or snore

MANAGE YOUR STRESS

Find ways to cope with stress
See a therapist if stress is unmanageable

MOVE YOUR BODY

150 minutes or more/week of moderate or vigorous activity.
Move for at least 5 minutes every hour.

ASK ABOUT SUPPLEMENTS



Ask your provider about supplements
Like fish oil might help your triglycerides.

GET HELP!

In addition to your primary care provider, a health coach and fitness coach can help round out your heart healthy team.

