

WHAT ARE TRIGLYCERIDES?

Triglycerides are simply fat: all the fats are triglycerides, and triglycerides are transported through the bloodstream as a source of energy for the body.

Fatty acids from triglycerides are used for muscle work or stored in body fat (for future energy). Just like with excess cholesterol or glucose in the blood, having elevated levels of triglycerides can be associated with health problems.

PRIMARY TREATMENT FOR ELEVATED TRIGLYCERIDES.

- Lifestyle modifications.
- Avoid use of alcohol
- Ratio of monounsaturated fat to saturated fat should be increased.
- Eat complex carbohydrates rather than simple carbohydrates.
- Eat a diet low in saturated fat and cholesterol.
- Stopping smoking (for general cardiovascular health).

RECOMMENDATIONS

- Achieve and maintain your ideal body weight
- Increase your activity.
"Burn up" calories by exercising – moderate brisk walking.
- Decrease your calorie intake.
- Take smaller portion sizes at each meal.
- Use low calorie foods and snacks.
- Have three meals a day rather than one large, late meal.
- Avoid sugar and starchy foods.
- Choose whole grain, higher in fiber breads, cereals, whole grains and unpolished rice.



- Fruits contain natural sugars but avoid fruit juices. Choose whole fruits more often.
- Avoid alcohol. Any type of alcoholic beverages (Beer, Alcohol, Wine) will shoot up triglyceride levels.
- Avoid stress.

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