

## DIETARY GUIDELINES FOR PATIENTS WITH HIGH TRIGLYCERIDES

FACTORS HELPFUL IN REDUCING TRYGLYCERIDES
<p>Triglycerides can usually be decreased by:</p> <ul style="list-style-type: none"> <li>• Reducing weight or maintaining a desirable body weight.</li> <li>• Getting regular physical activity.</li> <li>• Decreasing or avoiding alcohol.</li> <li>• Decreasing sugar and sugar containing foods.</li> </ul>
<p>Lose Weight or Maintain a Desirable Weight.</p> <ul style="list-style-type: none"> <li>• Limit foods high in fat.</li> <li>• Reduce portion sizes.</li> <li>• Strive for long term diet and weight changes.</li> <li>• Exercise regularly.</li> </ul>
<p>Get Regular Physical Activity.</p> <ul style="list-style-type: none"> <li>• Check with your physician before starting an exercise program.</li> <li>• Choose an exercise activity that you enjoy.</li> <li>• Plan to make exercise a part of your daily routine.</li> </ul>

### DECREASE YOUR ALCOHOL INTAKE

AVOID	DECREASE	USE INSTEAD
Beer, including light beer	Low alcohol beer	Club soda and mineral water
Wine	Wine spritzer (wine and club soda)	Tomato or vegetable juice
Liquor, i.e., vodka, gin, rum, whiskey	Mixed drinks with ½ jigger of liquor	Tomato or vegetable juice
Liqueurs and cordials		Fruit juice (unsweetened) Fruit juice spritzers (juice and club soda) Sugar free carbonated beverages

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DECREASE YOUR SUGAR INTAKE

AVOID	DECREASE	USE INSTEAD
Regular sweetened carbonated beverages, lemonade, and fruit drinks	Plain donuts	Fruit juices (unsweetened) and spritzers
Beverages containing sugar or corn sweeteners	Plain cookies such as vanilla wafers	Sugar free carbonated beverages
Cake, pie, donuts, pastries	Plain cakes such as angel food cake	Fresh or unsweetened fruit for dessert
Ice cream, sherbet		Sugar free hot chocolate
Sugar frosted or highly sweetened cereals		Sugar free gelatin
Candy, chocolates		Sugar free pudding
Sugar, honey		Fruit or foods from the grain group such as crackers, muffins, bread sticks, or pretzels for snacks
Jam, jelly		

\*Adapted from the Mayo Clinic Diet Manual.