



William J Mesibov MD, FAAP   Stuart J Altman MD, FAAP   Linda H Jacobs MD, FAAP   Lauren Brunn MD, FAAP  
575 Underhill Blvd Syosset, NY 11753   A Division of ProHEALTHcare

575 Underhill Boulevard Syosset, New York 11791   516.921.2122   www.kidfixer.com

## Triglycerides

Triglycerides are a type of fat that circulates in your blood. When your triglyceride levels are high, you have a higher risk for heart disease. You can manage your high triglycerides by increasing physical activity, losing weight (if you are overweight), eating heart-healthy foods, and avoiding foods that cause triglyceride levels to rise. A heart healthy diet is one with lots of fruits and vegetables, and limited amounts of saturated or trans fats, sugar, and salt.

Below is a chart that shows good and bad choices for someone with high triglycerides:

		Unsaturated Fats: HEALTHY ALTERNATIVE, EAT IN MODERATION	
Trans Fats: AVOID	Saturated Fats: LIMIT	Monounsaturated Fats	Polyunsaturated Fats
<ul style="list-style-type: none"><li>■ Partially hydrogenated vegetable oils</li><li>■ Butterfat</li><li>■ French fries</li><li>■ Cakes</li><li>■ Cookies</li><li>■ Donuts</li><li>■ Crackers</li></ul>	<p>Most fats and oils, especially:</p> <ul style="list-style-type: none"><li>■ Coconut oil</li><li>■ Butterfat</li><li>■ Meat, poultry</li><li>■ Hydrogenated vegetable oils</li><li>■ Cocoa butter</li><li>■ Lard</li></ul>	<ul style="list-style-type: none"><li>■ Some fish</li><li>■ Some fish oil</li><li>■ Lean meat</li><li>■ Skinless poultry</li><li>■ Nuts</li><li>■ Seeds</li><li>■ Avocados</li><li>■ Olive oil</li></ul>	<ul style="list-style-type: none"><li>■ Liquid vegetable oils</li><li>■ Nuts</li><li>■ Seeds</li><li>■ Fish</li><li>■ Fish oil</li></ul>