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## 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>