



William J. Mesibov MD, FAAP
Linda H. Jacobs MD, FAAP

Stuart J. Altman MD, FAAP
Sherrie G. Neustein MD, FAAP

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">Partially hydrogenated vegetable oilsButterfatFrench friesCakesCookiesDonutsCrackers	<p>Most fats and oils, especially:</p> <ul style="list-style-type: none">Coconut oilButterfatMeat, poultryHydrogenated vegetable oilsCocoa butterLard	<ul style="list-style-type: none">Some fishSome fish oilLean meatSkinless poultryNutsSeedsAvocadosOlive oil	<ul style="list-style-type: none">Liquid vegetable oilsNutsSeedsFishFish oil