

Low Triglyceride Tips

Triglyceride Tips

Low Starch, low sugar, low saturated fat diet

Reduce Alcohol -- Beer, Wine, Hard Liquors

Reduce Candies -- Hard Candy, Sugar, Brown Sugar

Drink Water -- Watch for sugar in drinks including the hidden sugars Sorbitol and Manatol. Drink Water.

Reduce starches -- "The WHITE stuff"

- Breads -- sandwiches, pizza, bagels
- Potatoes -- it is ok to substitute sweet potatoes in moderation
- Pasta -- reduce pastas such as mac-n-cheese, pasta salad, etc.
- Rice-- eat moderate amounts, it is best to eat brown or wild rice in moderation
- Desserts-- Most deserts are fat, sugar, and starch. AO Watch Out.

Reduce Fats-- Saturated fats and Trans fats found in lard, butter, and shortening

Milk-- is also a starch. Try to drink moderate amounts. Soy milk also has triglycerides.

Low starch for weight loss. Some starches are needed, but lowering the starch can lead to weight loss.

Low triglyceride diet is not recommended for children.

Additional Tips:

Eat 3-6 small meals between 6am and 8pm.

Avoid eating 2 hours before bed.

Drink Water

Eat more Fish

Quit Smoking

Try to avoid stress