

Triglyceride Facts

LDL 
"Bad" Cholesterol



HDL 
"Good" Cholesterol

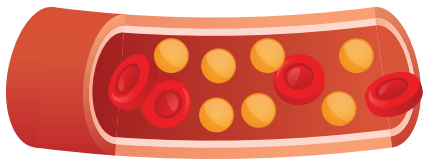


Triglycerides/5



Total Cholesterol

Triglyceride is fat found in blood.



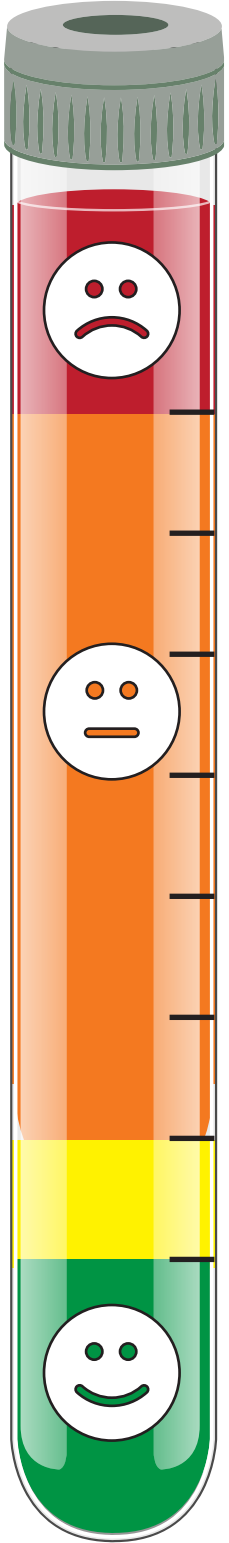
The body can make triglyceride from food high in fat, carbohydrates and sugar.





Too much fat in the blood can clog blood vessels.



This can raise the risk for heart attack and stroke.



What should YOUR triglyceride level be?

500 mg./dL 
450 mg./dL
400 mg./dL
350 mg./dL
300 mg./dL
250 mg./dL
200 mg./dL
150 mg./dL 

My Action Plan

What are my numbers today?

TIPS TO LOWER triglycerides



MOVE MORE
Aim to be active for at least 30 minutes a day



HEALTHY WEIGHT
Focus on getting to your healthy weight



SLOW DOWN ON SUGAR
Limit or reduce sugar intake






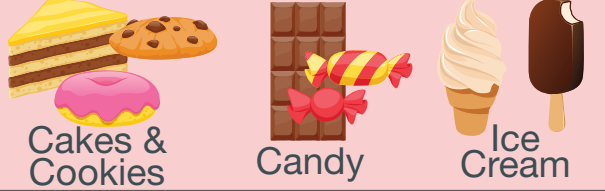



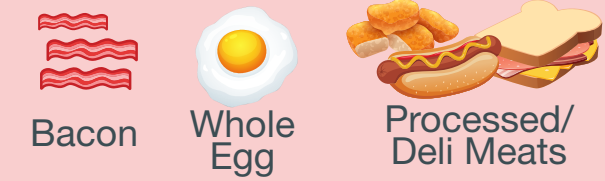

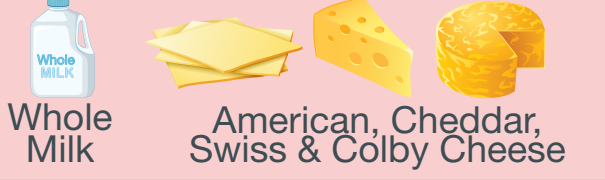


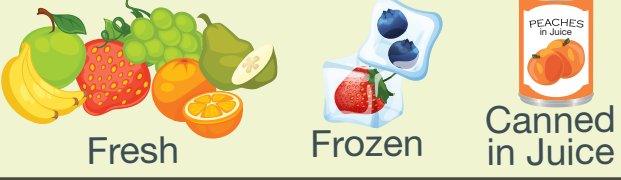





DO NOT SMOKE
Using tobacco or vaping can increase triglycerides



LIMIT ALCOHOL
Lower intake or avoid alcoholic drinks

DAILY FOOD CHOICES FOR A HEALTHY HEART

Food Group	 BEST	 WORST
Fats and Oils Use sparingly	 <p>Olive or Canola Oil Avocado Margarine Nuts</p>	 <p>Butter Coconut Oil Shortening or Lard</p>
Desserts and Sweets Low-fat or no sugar options	 <p>Sugar-free Gelatin Fruit Artificial Sweeteners</p>	 <p>Cakes & Cookies Candy Ice Cream</p>
Beverages No added sugars	 <p>Water Tea Coffee 100% Juice</p>	 <p>Sodas Flavored Coffee Sweetened Fruit Juice</p>
Meat and other Protein Remove all visible fat	 <p>Lean Beef, Chicken, Fish Egg Whites Beans Peanut Butter</p>	 <p>Bacon Whole Egg Processed/Deli Meats</p>
Dairy Skim, 1%, lowfat or fat-free, unflavored	 <p>Skim Milk Low-fat Yogurt Soy & Almond Milk Mozzarella Cheese</p>	 <p>Whole Milk American, Cheddar, Swiss & Colby Cheese</p>
Grains 100% whole grains	 <p>Whole Grain Bread, Pasta & Brown Rice Oatmeal & Cereal Crackers</p>	 <p>White Bread, Rice & Pasta Sugary Cereal Granola Bar Sugary Baked Goods</p>
Fruit Fresh, frozen or canned with no added sugar	 <p>Fresh Frozen Canned in Juice</p>	 <p>Fruit with added sugar Jams & Jellies Popcicles</p>
Vegetables Fresh, frozen or canned	 <p>Fresh Frozen Canned</p>	 <p>Fried Buttered Creamed</p>



Kentucky Public Health
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CABINET FOR HEALTH AND FAMILY SERVICES
 DEPARTMENT FOR PUBLIC HEALTH
 275 EAST MAIN STREET, HS1WD
 FRANKFORT, KY 40621-0001
 6.5 L Rev. 3/2021



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