

# Can you lower triglycerides naturally?

Triglycerides are a type of lipid, or fat, in your blood. Everyone has some triglycerides. But high triglycerides, when combined with high “bad” cholesterol and low “good” cholesterol, could be bad for heart health.



## HOW DO I KNOW MY TRIGLYCERIDE LEVELS?

High triglycerides have no signs or symptoms. The only way to know whether you have high triglycerides is through a blood test.

Ask your doctor how often you should get this test. Most adults need a cholesterol or “lipid” test at least every four to six years. But if you have a family history of heart disease or other risk factors, your doctor may recommend the test more often.

If your cholesterol tests shows that triglyceride levels are high, you may be able to bring them down by making some lifestyle changes.

DIET CHANGES	
Instead of this	Try this
White bread	Whole grain bread
White pasta	Whole wheat pasta
Sugary cereal	Whole grain oatmeal
White rice	Brown rice
Soda or juice	Water or carbonated water with lemons
Chips and crackers	Nuts and seeds
Whole milk	Skim milk
Fatty meats	Chicken or turkey without skin
Cookies and candy	Whole fruits without added sugar

## HEART HEALTHY CHANGES ARE KEY

Talk to your doctor about your triglyceride levels. Your doctor may recommend making certain diet and exercise changes to improve your heart health. If you have diabetes, ask your doctor how you can keep blood sugar levels under good control.

## EXERCISE AND WEIGHT LOSS

Exercise is great for overall health, and it can lower your triglycerides. Try to walk or do another exercise you enjoy for 30 minutes, five days a week.

Even a small amount of weight loss can improve triglyceride levels. Losing just 5 percent of your weight can boost your health and lower heart disease risk. Ask your doctor or nutritionist for tips on how to lose excess weight.

## LIMIT OR AVOID ALCOHOL

Your doctor may also recommend you limit or avoid alcohol to lower your triglyceride levels.

## PRESCRIPTION MEDICINE

In addition to making lifestyle changes, prescription medicines may also be recommended to bring triglycerides down.

Sources: Centers for Disease Control and Prevention, National Lipid Association