

Client Name \_\_\_\_\_ Date \_\_\_\_\_

RD/DTR \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_



## Nutrition Therapy for High Triglyceride Levels

Triglycerides are a type of fat in your blood. If you have high triglyceride levels, this can increase your risk for heart disease.

This nutrition therapy helps lower blood triglycerides. To control your triglyceride levels and keep your heart healthy, you need to:

- Eat moderate (not high) amounts of carbohydrate.
- Stay at a healthy weight.
- Get regular physical activity.
- Choose fats wisely:
  - Include unsaturated fats, especially omega-3 fatty acids, in your diet. These types of fats may lower your triglycerides and keep you healthier.
  - Eat very little saturated fat. Saturated fats are found in foods with fat from animals, as well as coconut and palm kernel oils.
  - Eat very little trans fats. This fat is in any food made with hydrogenated oil, including many packaged and fried foods.
  - Limit the cholesterol that you eat.
- Eat plenty of vegetables, fruits, and whole grains. These foods are high in fiber and have nutrients that your body needs for good health.
- Enjoy nonfat and low-fat milk and milk foods.
- Choose lean meats and fish and other protein foods that are low in fat.
- Limit the amount of alcohol that you drink.
- Choose foods low in sodium (salt).

### Recommended Foods

Food Group	Recommended Foods
<b>Grains</b>	Whole grain, high-fiber breads Oatmeal and oat products Barley Brown rice Whole grain, high-fiber breakfast cereals Whole wheat pasta
<b>Vegetables</b>	Fresh, frozen, or canned vegetables The healthiest choices do not have added saturated fat or trans fat, added sugar, or added salt
<b>Fruit</b>	Fresh, frozen, or canned fruits The healthiest choices do not have added saturated fat, trans fat or added sugar

<b>Food Group</b>	<b>Recommended Foods</b>
<b>Meat and Other Protein Foods</b>	<p>Fish, especially fatty types that are high in omega-3 fatty acids (salmon, albacore tuna, mackerel, sardines)</p> <p>Poultry without skin</p> <p>Lean pork and beef (look for cuts marked “loin” or “round”)</p> <p>Meat alternatives made with soy protein or textured vegetable protein, such as tofu or veggie burgers</p> <p>Dried beans and peas (such as black beans, pintos, lentils, split peas)</p> <p>Peanut butter</p> <p>Egg whites and egg substitutes</p>
<b>Milk</b>	<p>Fat-free or low-fat milk and milk products</p> <p>Nonfat (skim) to 1% fat milk</p> <p>Low-fat buttermilk</p> <p>Nonfat or low-fat yogurt</p> <p>Fat-free or low-fat cheeses, including cottage cheese</p>
<b>Fats and Oils</b>	<p>Canola oil, soybean oil, walnuts, flaxseed oil, and ground flaxseeds (all sources of heart-healthy omega-fatty acids)</p> <p>Other unsaturated fats, including olive oil, peanut oil, avocado, nuts, and seeds</p> <p>Soft or liquid margarines</p>

## **Foods Not Recommended**

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<b>Food Group</b>	<b>Foods Not Recommended</b>
<b>Grains</b>	<p>Breads and cereals that contain saturated fat or trans fats, such as doughnuts, biscuits, croissants, or danish</p> <p>Commercially prepared muffins, pastries, pies, cookies, or cakes</p>
<b>Vegetables</b>	<p>Vegetables that are fried or served with cheese, cream sauce, or butter</p>
<b>Fruits</b>	<p>Fruits that are fried or served with cheese, cream sauce, or butter</p>
<b>Meat and Other Protein Foods</b>	<p>Fatty (marbled) cuts of meat, such as prime cuts of beef, ribs, T-bone steaks, regular hamburger</p> <p>Bacon or sausage</p> <p>Hot dogs</p> <p>Most cold cuts, such as salami and bologna</p> <p>Chicken or other poultry with skin on</p> <p>Whole eggs and egg yolks</p> <p>Commercially fried poultry, fish, meats</p>
<b>Milk</b>	<p>Whole-fat dairy products, such as whole milk, regular cheese, cream, ice cream</p>

<b>Food Group</b>	<b>Foods Not Recommended</b>
<b>Fats and Oils</b>	Butter Stick margarine Shortening Lard Coconut oil, palm kernel oil, or cottonseed oil Hydrogenated oil (the source of trans fats)
<b>Alcohol</b>	All (beer, wine, liquor, mixed drinks with alcohol)
<b>Other</b>	Commercially fried snack foods Nondairy cream substitutes made with coconut oil Sugar, brown sugar, corn syrup Cakes, candies, cookies, snack and dessert foods Sweetened beverages

## Sample 1-Day Menu

<b>Breakfast</b>	Scrambled eggs made with ½ cup egg substitute 1 slice whole wheat toast with 1 teaspoon soft margarine ½ grapefruit 1 cup brewed coffee
<b>Lunch</b>	Large salad: 4 ounces sliced chicken breast, 2 cups mixed salad greens, onion, tomato, cucumber, ¼ cup chickpeas, ¼ avocado, and 2 tablespoons oil and vinegar 5 whole grain crackers 12 ounces sugar-free lemonade
<b>Snack</b>	Fruit and low-fat yogurt parfait made with 6 ounces plain yogurt and ¼ cup fresh fruit
<b>Evening Meal</b>	6 ounces broiled salmon or tuna topped with 2 teaspoons olive oil and a handful of slivered almonds ½ cup brown rice 1 cup stir-fried vegetables (summer squash, broccoli, red peppers, mushrooms) in 2 teaspoons peanut oil Whole wheat roll and 1 teaspoon tub margarine 1 sliced tomato and 1 ounce mozzarella cheese sprinkled with basil 1 cup fruit salad 1 cup tea

### Notes:

## Sample Meal Plan

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Use this form to develop an individualized meal plan.

<b>Meal</b>	<b>Menu</b>
<b>Breakfast</b>	
<b>Lunch</b>	
<b>Dinner</b>	
<b>Snack</b>	

**Notes:**