

Triglyceride Facts

LDL 
"Bad"
Cholesterol



HDL 
"Good"
Cholesterol

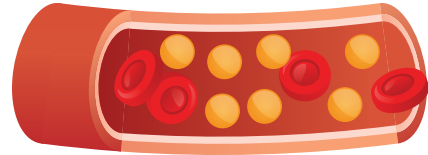


Triglycerides/5



**Total
Cholesterol**

Triglyceride is fat found in blood.



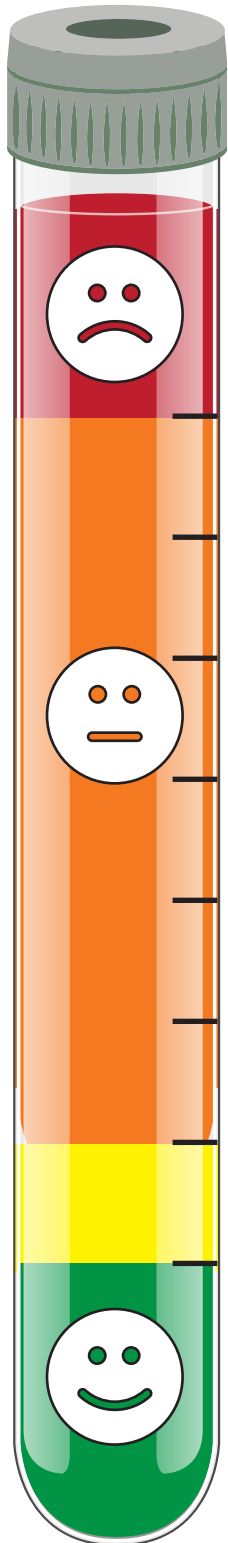
The body can make triglyceride from food high in fat, carbohydrates and sugar.



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














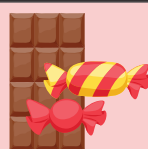
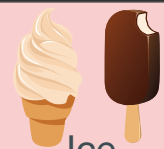











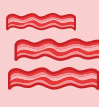



























Using tobacco or vaping can increase triglycerides



LIMIT ALCOHOL

Lower intake or avoid alcoholic drinks

DAILY FOOD CHOICES FOR A HEALTHY HEART

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



Kentucky Public Health
Prevent. Promote. Protect.

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