

Lowering Triglycerides: Diet and Supplement Tips for Optimal Heart Health



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★★★★☆ 4.2 out of 5

Language : English
File size : 522 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 21 pages
Lending : Enabled



Triglycerides are a type of fat found in your blood. High levels of triglycerides can increase your risk of heart disease. The good news is that

you can lower your triglycerides through diet and supplements.

Dietary Modifications for Lowering Triglycerides

The following dietary changes can help you lower your triglycerides:

- **Reduce your intake of saturated and trans fats.** Saturated fats are found in animal products, such as meat, poultry, and dairy products. Trans fats are found in processed foods, such as cookies, crackers, and fried foods.
- **Increase your intake of monounsaturated and polyunsaturated fats.** Monounsaturated fats are found in olive oil, avocados, and nuts. Polyunsaturated fats are found in fish, flaxseed, and walnuts.
- **Eat more fiber.** Fiber helps to lower cholesterol and triglycerides. Good sources of fiber include fruits, vegetables, and whole grains.
- **Limit your intake of sugar and refined carbohydrates.** Sugar and refined carbohydrates can raise triglycerides. Good sources of complex carbohydrates include whole grains, fruits, and vegetables.
- **Choose lean protein sources.** Lean protein sources include fish, chicken, and beans.
- **Limit your alcohol intake.** Alcohol can raise triglycerides.

Supplements for Lowering Triglycerides

In addition to diet, certain supplements can help you lower your triglycerides.

- **Omega-3 fatty acids.** Omega-3 fatty acids are found in fish, flaxseed, and walnuts. They have been shown to lower triglycerides.

- **Niacin.** Niacin is a B vitamin that has been shown to lower triglycerides.
- **Plant sterols.** Plant sterols are found in plants. They have been shown to lower cholesterol and triglycerides.
- **Fiber supplements.** Fiber supplements can help to lower cholesterol and triglycerides.

Expert Advice

In addition to diet and supplements, the following expert advice can help you lower your triglycerides:

- **Get regular exercise.** Exercise helps to lower triglycerides.
- **Lose weight if you are overweight or obese.** Losing weight can help to lower triglycerides.
- **Quit smoking.** Smoking raises triglycerides.
- **Manage your diabetes.** Diabetes can raise triglycerides.
- **Talk to your doctor about medication.** If diet, supplements, and lifestyle changes do not lower your triglycerides, your doctor may prescribe medication.

Lowering your triglycerides is essential for optimal heart health. By following the diet and supplement tips outlined above, you can help to lower your triglycerides and improve your overall health.

Please note that this article is for informational purposes only and is not intended to provide medical advice. Always consult with your doctor before making any changes to your diet or supplement regimen.



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