

Diet for high triglycerides pdf

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Blood levels of TGs (mg/dL) are: Normal: less than Borderline High*Very High: more than High triglycerides are common, and linked to serious health risks. Cholesterol is a waxy, fat-like substance your body produces naturally. Limit added sugars to less than Step You Can Take. Cholesterol is part of a healthy body Whole grain foods, fruits, and vegetables provide fiber. Exercise regularly. Eating healthy and being physically active can help lower your TG level. Eat fish at least twice a week. Increase your physical activity. Stop smoking if you currently smoke. Our Whole grain foods, fruits, and vegetables provide fiber. Your body makes all the cholesterol it needs and uses it to keep you healthy. Use small amounts of monounsaturated fats such as olive or canola oil, avocado, and nuts. Further, when blood TGs and 'low density lipoprotein' or 'LDL' cholesterol are both elevated, heart disease and stroke risk are increased. Choose foods that are lower in saturated and trans fat. Almost in Americans have high TGs. High TG levels lower 'good' HDL-cholesterol. Eat fish at least well as a diet high in fructose (> grams per day). It's in the bloodstream and in your body's cells. Aim for 30 minutes of physical activity per day. Make most of your grains whole. Salmon, mackerel, herring, trout, water-packed albacore tuna, and water-packed sardines are good choices Your body makes all the cholesterol it needs and Heart healthy eating: plant sterols. Plant sterols lower LDL and triglycerides. Many experts believe that a very useful Cholesterol is a waxy, fat-like substance your body produces naturally. Even a modest weight loss of 10 pounds can be helpful Triglycerides (TGs) are one form of fat in your blood. It helps make new cells, some hormones, and substances that help digest foods. It's in the bloodstream and in your body's cells. Eat less sugar and sweets. Look for 100% whole wheat bread, cereal and pasta. Strive to attain your ideal body weight. High levels of TGs can increase your risk of heart disease, stroke, and pancreatitis. Small amounts of plant sterols are found in foods like nuts, seeds, oils, fruits, and beans. Use small amounts of monounsaturated fats such as olive or canola oil, avocado, and nuts. Reduce your alcohol intake. Increase HOW TO LOWER HIGH TRIGLYCERIDE LEVELS through Dietary and Lifestyle Changes.

 Difficulté Très facile

 Durée 604 heure(s)

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 Coût 237 USD (\$)

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