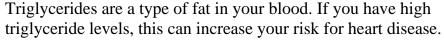
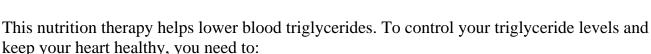
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Client Name	Date

Client Name	Date
RD/DTR	
Email	Phone

Nutrition Therapy for High Triglyceride Levels





- Eat moderate (not high) amounts of carbohydrate.
- Stay at a healthy weight.
- Get regular physical activity.
- Choose fats wisely:
 - o Include unsaturated fats, especially omega-3 fatty acids, in your diet. These types of fats may lower your triglycerides and keep you healthier.
 - o 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.
 - o 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
Grains	Whole grain, high-fiber breads
	Oatmeal and oat products
	Barley
	Brown rice
	Whole grain, high-fiber breakfast cereals
	Whole wheat pasta
Vegetables	Fresh, frozen, or canned vegetables
	The healthiest choices do not have added saturated fat or trans fat, added sugar, or added salt
Fruit	Fresh, frozen, or canned fruits
	The healthiest choices do not have added saturated fat or trans fat or
	added sugar
Meat and Other	Fish, especially fatty types that are high in omega-3 fatty acids
Protein Foods	(salmon, albacore tuna, mackerel, sardines)
	Poultry without skin
	Lean pork and beef (look for cuts marked "loin" or "round")
	Meat alternatives made with soy protein or textured vegetable
	protein, such as tofu or veggie burgers
	Dried beans and peas (such as black beans, pintos, lentils, split peas)
	Peanut butter
	Egg whites and egg substitutes
Milk	Fat-free or low-fat milk and milk products
	Nonfat (skim) to 1% fat milk
	Low-fat buttermilk
	Nonfat or low-fat yogurt
F 4 100	Fat-free or low-fat cheeses, including cottage cheese
Fats and Oils	Canola oil, soybean oil, walnuts, flaxseed oil, and ground flaxseeds
	(all sources of heart-healthy omega-fatty acids)
	Other unsaturated fats, including olive oil, peanut oil, avocado, nuts,
	and seeds
	Soft or liquid margarines

Foods Not Recommended

Food Group	Foods Not Recommended
Grains	Breads and cereals that contain saturated fat or trans fats, such as
	doughnuts, biscuits, croissants, or danish
	Commercially prepared muffins, pastries, pies, cookies, or cakes
Vegetables	Vegetables that are fried or served with cheese, cream sauce, or butter
Fruits	Fruits that are fried or served with cheese, cream sauce, or butter
Meat and Other Protein Foods	Fatty (marbled) cuts of meat, such as prime cuts of beef, ribs, T-bone steaks, regular hamburger
	Bacon or sausage
	Hot dogs
	Most cold cuts, such as salami and bologna
	Chicken or other poultry with skin on
	Whole eggs and egg yolks
	Commercially fried poultry, fish, meats
Milk	Whole-fat dairy products, such as whole milk, regular cheese,
	cream, ice cream
Fats and Oils	Butter
	Stick margarine
	Shortening
	Lard
	Coconut oil, palm kernel oil, or cottonseed oil
	Hydrogenated oil (the source of trans fats)
Alcohol	All (beer, wine, liquor, mixed drinks with alcohol)
Other	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

D 10 /	
Breakfast	Scrambled eggs made with ½ cup egg substitute
	1 slice whole wheat toast with 1 teaspoon soft margarine
	½ grapefruit
	1 cup brewed coffee
Lunch	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
Snack	Fruit and low-fat yogurt parfait made with 6 ounces plain
	yogurt and ¼ cup fresh fruit
Evening Meal	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

Approximate Nutrition Analysis:

Calories: 2,043; Protein: 137g (26% of Calories); Carbohydrate: 163g (31% of calories);

Fat: 100g (43% of calories), Saturated Fat: 20g, Monounsaturated Fat: 30g, Polyunsaturated Fat: 26g; Cholesterol: 248mg; Sodium: 1,624mg; Fiber: 25g