

# Q FOR HYPERTRIGLYCERIDEMIA QUICK STARTS

Sources of monounsaturated and polyunsaturated fats

- Canola Oil
- Olive Oil
- Peanut Oil
- Safflower, soy and corn oils
- Avocados
- Nuts

Avoid: High in saturated fats

- Partially hydrogenated vegetable oils
- Palm & coconut oils
- Whole milk
- Fatty meats
- Butter
- Lard



- Limit your intake of alcoholic beverages. Even small amounts of alcohol can result in high triglyceride levels.
- Exercise for at least 30 minutes each day. Talk to your doctor about an exercise plan that is right for you.
- Eat more meats that are high in omega-3 fatty acids such as mackerel, lake trout, herring, albacore tuna and salmon.
- Avoid saturated fats.
- Choose more food items with monounsaturated and polyunsaturated fats.