



# Hypertriglyceridemia Diet

Patient name \_\_\_\_\_ Date \_\_\_\_\_

Physician \_\_\_\_\_ Dietitian \_\_\_\_\_

## Description

Triglyceride is a fatty substance that is made in the body. After foods are digested, they can be used directly for energy and building tissue, or they can be remade into triglycerides and stored as fat. Triglycerides can be made from digested fat but also from starch, sugar, alcohol, and even protein. Certain diseases may raise blood triglycerides. These include obesity, diabetes, thyroid disorders, chronic renal disease, genetic factors, liver disease, and dysproteinemia.

Following this diet will help you lower your blood triglyceride level. This diet provides no more than 30% of calories from fat, limits cholesterol to 300 mg, and limits simple sugars and alcohol. Triglycerides will decrease with weight loss.

Food Group	Foods Allowed	Foods To Choose Less Often
<b>Beverages</b>	Water, coffee, tea, decaffeinated coffee or tea, artificially sweetened carbonated beverages, or artificially sweetened drinks.  Beverages made from 1/2%, 1% or skim milk.	Beverages containing 2%, whole milk or cream such as eggnog or milkshakes. Alcoholic beverages.  Carbonated beverages and drinks that contain sugar.
<b>Breads, Cereals, and Starches</b>	<b>6-11 servings per day recommended</b> Whole wheat, white, pumpernickel, rye, raisin, Italian, French, pita, bagels, English muffins, or any other low fat bread.  Crackers with no more than 3 grams of fat per serving such as graham, animal, matzo, rusk, saltines, oyster, melba toast, Ry Krisp, breadsticks or other low fat crackers.  Pretzels, popcorn or potato chips, with less than 3 grams of fat per serving.  Biscuits, rolls, muffins, pancakes and waffles made with allowable ingredients and with no more than 3 grams fat.	Egg or cheese bread, croissants, pastries, or sweet rolls, regular biscuits and doughnuts.  Snack crackers with greater than 3 grams of fat per serving, such as butter crackers.  Store bought mixes with dried eggs or milk.  Bread, buns, bagels, or tortillas that are grilled with added fat or fried.

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Food Group	Foods Allowed	Foods To Choose Less Often
<b>Breads, Cereals, and Starches (continued)</b>	Corn or flour tortillas (not fried). Hot dog or hamburger buns. Low cholesterol egg noodles. Spaghetti, macaroni and other pasta. Rice. Cooked cereals and dry cereals that <b>do not</b> contain nuts, coconut, or oil.	Egg noodles. Pasta prepared with fat or cheese. Refrigerated fresh pasta, unless low cholesterol, low fat. Granola type cereals or cereal with oil or coconut. Sugar or honey coated cereals.
<b>Desserts</b>	<b>Limit to 1 serving per day.</b> 1 serving is: 3 graham crackers, 3 gingersnaps, 6 vanilla wafers, or 1/3 cup gelatin, 1/4 cup sherbet, 1 thin slice cake/no frosting, 1/2 cup nonfat ice cream, and nonfat frozen dairy products or 1/2 cup pudding. Sugar free nonfat products (i.e., pudding, gelatin, frozen dairy products) as desired.	Avoid all others.
<b>Eggs</b>	<b>Limit to 1-2 egg yolks a week including those used in cooking.</b> Egg whites and egg substitutes as desired.	Egg yolks in excess of allowed amounts. Eggs prepared with added fat or foods not allowed.
<b>Fats</b> _____ servings/day to reduce calories from fat to 25% - 35% of total calories (5 grams fat = 1 Tsp. of margarine or oil).	Monounsaturated oils: Olive, canola or peanut oil (1 serving = 1 tsp.) Polyunsaturated oils: Corn, sunflower, safflower, cottonseed, sesame, soybean (1 serving = 1 tsp.) Margarines made from the above oils that have no more than 2 grams of saturated fat per tablespoon. Liquid or tub forms are suggested over stick margarine (serving size varies but is generally 1-2 tsp. Check the label to determine the serving size that equals 5 grams of total fat). Salad dressing (approximately 2 tsp. regular or 1 tbsp. low fat = 1 serving) and mayonnaise made from above oils (1 tsp. = 1 serving). Nonfat salad dressings, nonfat sour cream, nonfat	Saturated oils: Coconut oil, palm oil, palm kernel oil, cocoa butter, and products containing these oils.  Saturated fats: Solid hydrogenated fats such as shortening or lard. Margarine that is greater than 30% saturated fat. Butter, cream, cream cheese, sour cream, bacon, bacon fat, and all products containing animal fat.  Cream substitutes that are <b>not</b> nonfat or made from polyunsaturated oils.

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Food Group	Foods Allowed	Foods To Choose Less Often
<b>Fats (continued)</b>	<p>cream substitutes, nonfat cream cheese may be used in moderation without counting into your fat allowance.</p> <p>Olives (10 small or 5 large), avocados (1/8 medium) and seeds and nuts (1 tbsp.) may be used if counted as part of fat allowance.</p> <p>Nonfat gravy as desired.</p> <p>Peanut butter (2 tsp. regular or consult the label of low or reduced fat versions for the serving size that would equal 5 grams of fat).</p>	<p>Coconut, coconut oil.</p> <p>Gravy made from pan drippings or using added fat.</p>
<b>Fruit and Fruit Juices</b>	<p><b>Limit to 3 servings per day</b> (1 serving equals 1/2 cup)</p> <p>All fresh or "no sugar added" fruits and fruit juices. Include 1 serving citrus fruit daily for vitamin C.</p>	<p>Candied fruits, sweetened fruits, and sweetened juices.</p>
<p><b>Meat or Meat substitutes</b></p> <p>Meat should be prepared using a method that does not add fat, such as baked, broiled, boiled, microwaved, or grilled.</p>	<p><b>Limit to 5-6 oz. per day.</b></p> <p>Chicken, turkey, Cornish hen, fish, seafood, water-packed tuna or salmon.</p> <p>Lean beef, pork, veal, lamb should be used less often unless very lean cuts are chosen. Limit to 2-3 times per week.</p> <p>Deli meats containing no more than 3 grams of fat per ounce.</p> <p>Low fat (less than 3 grams of fat per ounce) or nonfat cheese. Nonfat or low fat cottage cheese (1% butterfat or skim). Reduced fat cheese (5 grams of fat per ounce) may be substituted for 1-2 oz. of meat per week.</p> <p>Low fat textured vegetable protein or tofu.</p> <p>Dried beans, peas, or lentils (1/3 - 1/2 cup is equivalent in protein to 1 oz. meat).</p>	<p>Fried meat or seafood.</p> <p>Heavily marbled meats, such as prime rib, steak, spareribs, pork steak.</p> <p>Bacon, sausage, goose, domestic duck, organ meats, luncheon meats that are greater than 3 grams fat per ounce.</p> <p>Regular cheese or cream cheese.</p> <p>Tofu containing more than 3 grams of fat per serving.</p> <p>Refried beans with added fat or lard.</p>

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