



# Triglycerides



Triglycerides (TGs) are a type of fat found in the blood and in body fat.

TGs can provide your body with energy or be stored unused as fat.

TGs are produced by the liver but are also obtained from the diet, mainly meats, dairy and cooking oils.

Normal triglycerides levels are under **150 mg/dL** ( $< 1.7$  mmol/L).

## Why do high TG levels matter?

High TGs increase the risk of **cardiovascular disease** (stroke and heart disease) by contributing to hardening of the arteries or thickening of the artery walls (*atherosclerosis*).

High TGs are often associated with other health conditions such as **obesity, high blood pressure, pre-diabetes/diabetes** and raised cholesterol.

## Causes of high TG levels

- Being overweight.
- A diet high in fatty or sugary foods.
- Excessive alcohol.
- Genetic factors.
- Diabetes.
- Liver disease.
- Kidney disease.
- Certain medications.

## How to lower TG levels

**Lifestyle change** is the ideal way to lower TG levels.

One of the most effective changes to make is to eat a low fat whole food plant-based diet centred around fruits, vegetables, whole grains and legumes.

**Avoid processed foods high in salt, sugar & saturated fat**



**Eat a high fibre diet**

include flaxseed as a healthy omega-3 fat



**Avoid tobacco**



**Exercise regularly**



**Eat Plant Based**



**Sleep well**



**Avoid added sugar in food and drinks**



**Limit alcohol**



### References:

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