

What You Need to Know About Triglyceride Levels

1 There are no symptoms of high triglycerides.¹

It is important to consult your healthcare team to check your triglycerides when measuring your cholesterol level with a standard lipid panel. This is especially important if you are at-risk of or have diabetes and/or heart disease.¹

Triglycerides

are a type of fat found in the blood.² Elevated triglycerides may be able to identify someone with increased risk of a future cardiovascular event due to diabetes or history of stroke or heart attack. Additional measures can and should be taken to reduce your risk for stroke or heart attack, especially for women and especially if you are already on a statin medication.²

4 Reducing triglyceride levels can be accomplished by making lifestyle changes.

You may be prescribed medication(s) to help reduce your additional cardiovascular risk.²

Some things that may lower triglyceride levels include: maintaining a healthy weight, having an active lifestyle, and not smoking. Some people are prone to higher levels of triglyceride due to genetics or medication they are taking.¹ People with diabetes are at higher risk of increased triglyceride levels because diabetes may interfere with the way the body processes fats.⁴

You should always consult with your healthcare team on what you can do to reduce your cardiovascular risk after your bad cholesterol (LDL) is controlled.

2 The following numbers are used to determine triglyceride health:²

Normal: less than 150 mg/dL

Borderline high: 150 to 199 mg/dL

High: 200 to 499 mg/dL

Very high: 500+ mg/dL

3 Triglyceride levels increase when calorie intake is greater than calorie expenditure.¹

One of the main drivers of high triglyceride levels is consuming foods and beverages high in simple sugars.

Foods/Beverages that **raise triglyceride levels:**³



Soft drinks, fruit drinks, and all sweetened beverages



Beer, wine, spirits, and mixed drinks



Refined grains: breads, crackers, and cereals made with refined flour



Sweets and desserts: cookies, cakes, pastries, and ice cream



1. National Heart, Lung, and Blood Institute. (n.d.). <https://www.nhlbi.nih.gov/health-topics/high-blood-triglycerides>. Retrieved from High Blood Triglycerides. Retrieved on September 24, 2018.

2. Mayo Clinic (2018, September 13). <https://www.mayoclinic.org/diseases-conditions/high-blood-cholesterol/in-depth/triglycerides/art-20048186> on September 24, 2018.

3. Cleveland Clinic (2015, October). Triglycerides & Heart Health: Diet. Retrieved from <https://my.clevelandclinic.org/health/articles/17583-triglycerides--heart-health/diet> on October 11, 2018.

4. Nichols, G. A. (2018). Increased Residual Cardiovascular Risk in Patients with Diabetes and High vs. Normal Triglycerides Despite Statin-Controlled LDL Cholesterol. *Diabetes, Obesity and Metabolism*.