TRIGLYCERIDE LOWERING DIET

INSTRUCTIONS FOR THE PATIENT:

- Sugar and alcohol are the two dietary factors associated with high blood levels of triglycerides. Thus, concentrated sources of sugar and alcohol must be avoided.
- 2. Milk contains a natural sugar called lactose. For adults, milk consumption should be restricted to two cups (16 ounces) per day.
- 3. Fruits contain natural sugars, and a maximum daily intake of three one-half cup portions of unsweetened fruit and fruit juice is recommended.
- 4. Whole grain breads, cereals, crisp breads and homemade, sugar free cookies are recommended in place of similar refined products.
- 5. It is essential to achieve and maintain ideal body weight. Triglyceride levels will increase if weight is gained.
- 6. Avoid a large evening meal. Three well-spaced meals, each containing approximately the same nutrient value are recommended. In between nourishments may be necessary.

FOODS TO AVOID:

Alcoholic beverages, Beer, Wine

Candy, Chewing Gum, Cough Drops sweetened with sugar

Carbonated Beverages sweetened with sugar

Chocolate

Corn Syrup

Commercial Cookies, Cakes, Pies

Dehydrated Starchy Snacks (pretzels, chips, etc.)

Most Desserts (high in sugar)

Dried Fruits

Sweetened Gelatin Desserts

Regular Granola

Honey, Molasses Golden Syrup, Treacle

Ice Cream, Ice Milk, Sherbet

Icings

Jam, Jelly, Marmalade

Packaged Puddings, Pie Fillings

Sugar: Brown or White

Sweetened Canned Fruit or Juices or Synthetic Fruit Juice Substitutes

THE FOLLOWING SUBSTITUTES ARE SUGGESTED FOR OCCASIONAL USE:

Unsweetened or water packed fruits, unsweetened carbonated beverages (sparkling mineral water) jams, jellies, gelatin desserts.

READ LABELS CAREFULLY:

Most commercial cereals, cookies, desserts, baked products, etc. contain large amounts of sugar. Make your own sugar-free cookies, pies and baked products.

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