

# TRIGLYCERIDE LOWERING DIET

## INSTRUCTIONS FOR THE PATIENT:

1. 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.