

Your recent lab results show elevated triglyceride levels, which are a type of fat in your blood. While some triglycerides are normal, high levels can increase your risk of heart disease, stroke, and pancreatitis. The good news is that you can take several effective steps to bring them down naturally — through food, movement, and a few lifestyle adjustments.

Here are my top recommendations for reducing triglycerides:



1. Eat Fewer Refined Carbohydrates and Sugars

Your body converts excess sugars and refined carbs into triglycerides. Try to reduce:

- **Sugary beverages** (e.g., soda, sweet tea, juice)
- **Pastries, white bread, pasta**, and baked goods made with white flour
- **Sweets and desserts**, especially those with added fructose or high-fructose corn syrup

What to do instead:

- Choose **whole grains** (like oats, quinoa, and brown rice)
- Favor **non-starchy vegetables** (leafy greens, peppers, zucchini, broccoli)
- Use **small amounts of honey or maple syrup** only occasionally



2. Focus on Healthy Protein and Fats

Replacing refined carbs with healthy proteins and fats can improve your triglycerides.

- **Good protein choices:** Fish (especially wild salmon, sardines, mackerel), eggs, skinless poultry, legumes, and grass-fed meats in moderation
- **Healthy fats:**
 - **Extra virgin olive oil**
 - **Avocados and avocado oil**
 - **Raw nuts and seeds**, like almonds, walnuts, chia, and flax

Avoid deep-fried foods and processed meats.



3. Minimize or Eliminate Alcohol

Even small amounts of alcohol can raise triglyceride levels, especially if you already have high levels. Consider reducing alcohol to **no more than one drink per day**, or **cutting it out completely** if levels are high.



4. Be Physically Active Most Days

Regular movement helps lower triglycerides and improve overall heart health. Aim for:

- **30–60 minutes of moderate activity** at least 5 days a week (e.g., brisk walking, cycling, swimming)
- Even **short bursts** of activity (like 10–15 minute walks after meals) can

help

5. Maintain a Healthy Weight

Losing even **5–10% of your body weight** (if overweight) can significantly lower triglycerides.

- Focus on **slow, steady changes** — crash diets can backfire
- Combining **diet and activity** works better than either alone

6. Time Your Eating Wisely

Avoid late-night eating and give your body time to rest between meals.

- **Stop eating at least 2–3 hours before bed**
- Some patients find **intermittent fasting** (limiting food and drink, besides water or black coffee, to a 6 to 8 hour window in the day and not consuming food and drink, besides water or black coffee, for 16 to 18 hours)

7. Stay Hydrated & Limit Sugary Drinks

Water is your best beverage choice. Avoid:

- Sugary drinks (soda, juice, sweetened coffee or tea)
- Sports drinks or flavored waters with added sugars

Instead:

- Drink **plain water, sparkling water, or herbal teas**

8. Manage Stress & Sleep Well

Chronic stress and poor sleep can interfere with your metabolism.

- Aim for **7–9 hours of quality sleep**
- Practice **relaxation techniques** (e.g., walking outdoors, meditation, breathing exercises)

Summary Checklist

- Eat fewer sugars and refined carbs
- Choose healthy proteins and fats (olive oil, nuts, fish, avocado)
- Be physically active daily
- Limit or avoid alcohol
- Maintain a healthy weight
- Drink water, not sugar
- Get good sleep and reduce stress