

# Lower Your Triglycerides: A Free Grocery List of Foods

The easiest way to reduce your triglycerides is by making a few simple adjustments to your diet. Here is a list of foods you should eat, and should not eat, to reduce your triglyceride count to a healthy level.



## What to eat:

Nuts (Almonds, walnuts, peanuts)

Fish (Salmon, sardines)

Black Beans

Apples

Melons

Strawberries

Grapes

Olive Oil

Spinich

Whole Grains Bread

Peas

Flaxseeds

Egg Whites

Instant raw Oatmeal

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## What not to eat

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Sugar

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Baked Goods (Pies, cakes, donuts, cookies)

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Sugary Drinks (Soda, sweet tea, fruit juice)

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Trans fats (Lunch Meats, hot dogs, chips, etc)

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Refined Carbs (White breads, bagels, crackers, pasta)

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Fatty meats

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Butter

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Cheese

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Alcohol

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