

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

What not to eat

Sugar

Baked Goods (Pies, cakes, donuts, cookies)

Sugary Drinks (Soda, sweet tea, fruit juice)

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

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

Fatty meats

Butter

Cheese

Alcohol
