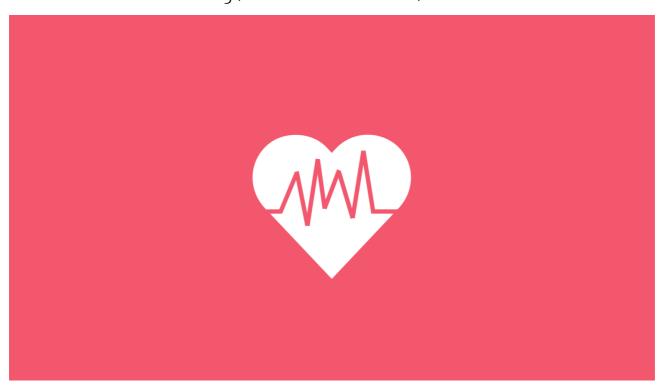
Lower Your Triglycerides: A Free Grocery List of Foods

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



What to eat:

Outs (Almonds, walnuts	s, peanuts)		
Fish (Salmon, Sardines			
Black Beans			
Apples			
Mellons			
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 Orinks (Soda, sweat tea, fruit juice)	
Trans fats (Lunch Meats, hot dogs, chips, etc)	
Refined Carbs (White breads, bagels, crackers, pasta)	
Fatty meats	
Butter	
Cheese	
Alchohol	
	Created By Marvin Russell - https://audits