

14 Ways To Lower Triglycerides

- ☐ LOOK AT HOW YOU EAT
- ☐ SAY NO TO SUGAR
- ☐ BECOME A SUGAR DETECTIVE
- ☐ FOCUS ON FIBER
- ☐ EAT THE RIGHT FAT
- ☐ FISH, NOT RED MEAT
- ☐ EAT YOUR NUTS
- ☐ ASK YOUR DOCTOR IF YOU NEED OMEGA-3 SUPPLEMENTS
- ☐ CUT BACK ON ALCOHOL
- ☐ SKIP THE SWEET DRINKS
- ☐ LOSE THE WEIGHT
- ☐ GET MOVING
- ☐ GET A CHECKUP
- ☐ YOU MAY NEED A RX