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

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