

# 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
- ☐ 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 Drinks (Soda, sweat tea, fruit juice)
- ☐ Trans fats (Lunch Meats, hot dogs, chips, etc)
- ☐ Refined Carbs (White breads, bagels, crackers, pasta)
- ☐ Fatty meats
- ☐ Butter
- ☐ Cheese
- ☐ Alcohol

**Make and Share Free Checklists**  
[checkli.com](https://checkli.com)