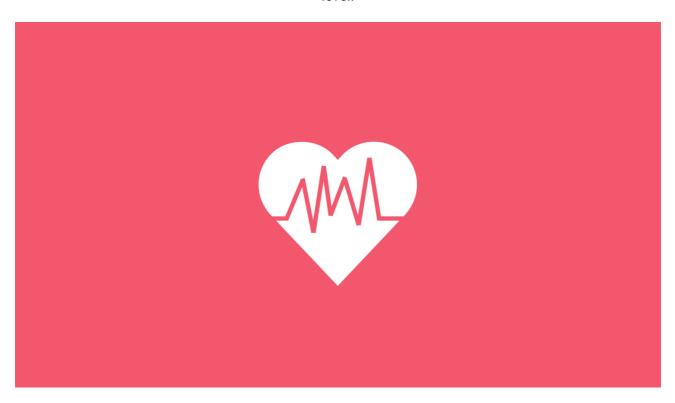
Lower Your Triglycerides: A Free Grocery List of Foods

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:

	Nuts (Almonds, walnuts, peanuts)
	Fish (Salmon, sardines
	Black Beans
	Apples
	Mellons
	Strawberries
	Grapes
	Olive Oil
	Spinich
	Whole Grains Bread
	Peas
	Flaxseeds
	Egg Whites
\bigcirc	Instant raw Oatmeal

/hat 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	
Alchohol	Make and Share Free Checklists checkli.com
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