



Monmouth Cardiology Associates, L.L.C.

NONINVASIVE, INVASIVE, INTERVENTIONAL, NUCLEAR CARDIOLOGY
ELECTROPHYSIOLOGY & CARDIAC PACING, VASCULAR &
CRITICAL CARE MEDICINE

HOW DO FOODS AFFECT TRIGLYCERIDE LEVELS?

Consuming foods high in simple sugars significantly contributes to high triglycerides. Follow these guidelines to limit simple sugars in your diet:

- Substitute beverages like colas, fruit drinks, iced tea, lemonade, Hi-C and Kool-Aid with artificially sweetened beverages labeled “sugar-free” or “diet.”
- Limit hard candies, chocolates, candy bars and gummy bears.
- Avoid adding table sugar and brown sugar to hot and cold cereals. Instead, substitute Equal, Splenda, Sweet-n-Low, Sugar Twin or Brown Sugar Twin
- Choose sugar-free gum or mints instead of the regular versions.
- Try light or low-sugar syrups on pancakes and waffles.
- Spread breads and crackers with no-sugar-added jelly or preserves.
- Snack on whole fruit instead of fruit roll-ups and other fruit-flavored treats.
- When selecting cereals, limit the sugar to no more than 8 grams per serving.
- Try sugar-free gelatin and puddings instead of their regular versions.
- Choose low-sugar cookies and other desserts. Remember, these foods are not calorie-free and may contain cholesterol-raising fats.
- Be aware that desserts labeled “fat-free” usually contain more sugar and equal calories than the full-fat varieties.
- Regulate your intake of cookies, pastries, pies, cakes and granola bars. All of these foods contain high levels of added sugar; choose them sparingly.
- Reduce your intake of ice cream, frozen yogurt, sherbet, gelato, and flavored ices – all contain high levels of sugar.
- Limit your daily sugar intake to no more than 8% of your total calories each day. That is 24 grams for someone following a 1600 calorie diet, or 40 grams for a 2000 calorie diet.
- Read the ingredients list on food labels and limit foods that contain any of the following words (all simple sugars as the first ingredients):
 - Sucrose
 - Glucose
 - Fructose
 - Corn syrup
 - Maltose
 - Honey
 - Molasses
 - High-fructose corn syrup

Naturally occurring sugars, when eaten in excess, can also raise your triglyceride level.

Follow these guidelines to help limit natural sugars:

- Use honey and molasses sparingly – they are both high in sugar.
- Choose light yogurt (which uses artificial sweeteners) instead of regular yogurt.
- Choose whole fruit instead of fruit juice.
- Limit the serving size of dried fruits to 1/4 cup per day; dried fruits contain a more concentrated source of sugar.
- Choose canned fruit in its own juice and strain before eating; avoid canned fruits packed in heavy syrup.
- Limit your portion size of mashed potatoes, yams, beans, corn and peas to 1/2 cup; limit baked potatoes (with skin) to about 3 ounces. Although these starchy vegetables are a great source of fiber and nutrients, they can contribute to high triglycerides when eaten in excess.

Office Locations

11 Meridian Road, Eatontown, NJ 07724 (732) 663-0300 Fax: (732) 663-0301
222 Schanck Road, Suite 104, Freehold, NJ 07728 (732) 431-1332 Fax: (732) 431-1712

Hospital Affiliations

Jersey Shore University Medical Center
Monmouth Medical Center
CentraState Medical Center



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Highly refined breads, cereals, rice, pasta and crackers convert to sugar in the body much more quickly than whole-grain varieties, which may increase your triglyceride level. To limit refined grains:

- Choose breads, crackers and cereals that contain whole grain oats, barley, corn, rice or wheat as the first ingredient. Avoid the words “bleached” and/or “enriched” as the first ingredient.
- Try whole wheat pasta or brown rice.
- Choose breads, crackers, rice and pasta with 2 or more grams of dietary fiber per serving.
- Select hot and cold cereals with 5 or more grams of dietary fiber per serving.
- Use barley, bulgur, couscous, millet or wheat berries as a side dish.
- Try whole wheat crackers with soup instead of saltines.

Watching your overall portion size of grain-based foods is a key component to triglyceride control. Below are examples of a single serving size:

- 1 slice of bread
- 2 slices of reduced-calorie bread
- 1/2 hot dog or hamburger bun
- 1/2 English muffin
- 1/2 bagel (1 ounce)
- 1 oz most cold cereals (1/4 to 1 cup)
- 2 graham crackers
- 3/4 matzo cracker
- 4 slices of melba toast
- 3 cups popped light popcorn
- 2 to 6 baked whole-wheat crackers
- 1/2 cup cooked cereal (including oatmeal, oat bran, cream of wheat)

Alcoholic beverages are a significant contributor to elevated triglyceride levels. Beer, wine, spirits, mixed drinks, wine coolers and coffee drinks containing alcohol are all examples. Men should not exceed two (2) drinks per day, and women should limit their intake to one (1) drink per day.

One serving is equal to: 1.5 ounce spirits, 3 ounces wine or 12 ounces beer. Keep in mind that these are general guidelines. If you have elevated triglyceride levels, it is recommended that you consume fewer to no alcoholic beverages per day.

Excessive intake of dietary fats, especially saturated and trans fats can increase your triglycerides. However, reducing dietary fat too much may mean you are getting too much sugar in the diet. If you have high triglycerides, follow these dietary guidelines to reduce dietary fat:

- Limit your total fat intake to 30 to 35% of your total daily calories
- Limit saturated fat to 7% of your total daily calories
- Try to avoid high trans fat foods
- Limit dietary cholesterol to 20 mg daily
- Choose monounsaturated and polyunsaturated fats (such as canola and olive oils) most often.

See your dietitian or clinician for more information on determining your daily fat limit.

Here are some other ways to help lower triglycerides:

- Eat fewer calories (through portion control) if you need to lose weight.
- Eat small, frequent meals and do not skip meals.
- Avoid late-night snacking.
- Lose weight if you are overweight.
- Participate in regular physical activity.

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GUIDELINES FOR LOW-CHOLESTEROL, LOW-TRIGLYCERIDE DIETS

FOODS TO AVOID

MEATS, FISH	Marbled beef, pork, bacon, sausage, and other pork products; fatty fowl (duck, goose); skin and fat of turkey and chicken; processed meats, luncheon meats (salami, bologna); frankfurters and fast-food hamburgers (they are loaded with fat); organ meats (kidneys, liver); canned fish packed in oil.
EGGS:	Limit egg yolks to two (2) per week.
FRUIT	Coconuts (rich in saturated fats).
VEGETABLES	Avoid avocados. Starchy vegetables (potatoes, corn, lima beans, dried peas, beans) may be used <i>only</i> if substitutes for a serving of bread or cereal. (Baked potato skin, however, is desirable for its fiber content).
BEANS	Commercial baked beans with sugar and/or pork added.
NUTS	Avoid nuts. Limit peanuts and walnuts to one tablespoonful per day.
BREADS, GRAINS	Any baked goods with shortening and/or sugar. Commercial mixes with dried eggs and whole milk. Avoid sweet rolls, doughnuts, breakfast pastries (Danish), and sweetened packaged cereals (the added sugar converts readily to triglycerides).
MILK PRODUCTS	Whole milk and whole-milk packaged goods, cream; ice cream; whole milk puddings, yogurt; or cheese; nondairy cream substitutes.
FATS, OILS	Butter, lard, animal fats, bacon drippings, gravies, cream sauces, as well as palm and coconut oils. All these are high in saturated fats. Examine labels on “cholesterol-free” products for “hydrogenated or trans fats” (These are oils that have been hardened into solids and in the process have become saturated).
DESSERTS, SNACKS	Fried snack foods like potato chips, chocolate; candies in general; jams, jellies, syrups; whole-milk puddings; ice cream and milk sherbets; hydrogenated peanut butter.
BEVERAGES	Sugared fruit juices and soft drinks; cocoa made with whole milk and/or sugar. When using alcohol (1 oz liquor, 5 oz beer, or 2-1/2 oz dry table wine per serving), one serving must be substituted for one bread or cereal serving (limit, two servings of alcohol per day).

SPECIAL NOTES:

1. Remember that even non-limited foods should be used in moderation.
2. While on a cholesterol-lowering diet, be sure to avoid animal fats and marbled meats.
3. While on a triglyceride-lowering diet, be sure to avoid sweets and to control the amount of carbohydrates you eat (starchy foods such as flour, bread, potatoes, pasta, rice, desserts).
4. Buy a good low-fat cookbook, such as the one published by the American Heart Association.
5. Consult your physician if you have any questions.

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