

GMHC'S Nutrition & Wellness Program

High Triglycerides

What are Triglycerides?

Triglycerides are the body's storage form of fat. They are either transported from the blood to your fat stores or used as fuel for your muscles. In HIV/AIDS, triglyceride levels may be higher than normal because the body has difficulty breaking down fat and storing it in the properly.

Having high triglycerides can increase your risk of complications such as heart attack and stroke.

Causes of High Triglycerides:

- HIV Infection
- Some HIV Medication
- High Sugar Intake
- Increased Alcohol Consumption
- High Saturated Fat Intake

Triglycerides Levels

<150 normal
150-199 borderline high
200-499 high
>500 very high

Lower Triglyceride Levels by:

- **Avoiding refined sugar and concentrated sweets** like juice, soda, candy, cake, white_bread/pasta/rice, added sugar and honey.

- **Avoiding alcoholic beverages**
- **Including Omega 3 fats:**
 - **Fish:** Eat 2-3 servings of fish per day or take a fish oil supplement approved by your MD or nutritionist.
 - Include **flaxseed and walnuts** in diet often. They have a type of fat called ALA, which can lower triglycerides.
- **Including monounsaturated fats** such as olive oil, canola oil, avocado, almonds, peanuts
- **Including soy products** in diet such as soy milk and tofu
- **Including soluble fiber** such as oatmeal, the inside of fruits, vegetables and beans
- **Increasing physical activity**, both cardiovascular and resistance training
- **Losing weight if overweight**

Tips

1. Make trail mix with walnuts, or almonds and dried fruit as a snack.
2. Sprinkle 1 tablespoon of crushed flaxseed in oatmeal, muffins, pancake mix and smoothies.
3. Add tofu to soups and smoothies

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