# 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

- [ ] 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
- [ ] Alchohol

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