

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
- ☐ Melons
- ☐ 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

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