

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
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Cheese

Alcohol