

Why avoid triglycerides?

Introduction

High triglyceride levels can add weight to your frame. Exercise, a low-fat diet and medication reduce those levels, which can lead to heart disease.

Function

Triglycerides act as the main source of fat stored in the body, mainly in the blood, and are the byproduct of digested and broken-down food.

Features

Triglycerides travel through the bloodstream so fat cells can use them for energy. If there is too much in the blood, cholesterol levels increase, leading to a higher risk for heart disease.

Significance

High triglyceride levels carry the same risks associated with heart disease, as too much fat in the blood increases plaque on your artery walls, reducing blood flow and adding pressure on the heart.

Prevention/Solution

Moderate exercise several days a week, reducing alcohol consumption, not smoking, losing weight and eating a diet low in saturated and trans fat can lower triglyceride and cholesterol levels.

Medication

Medications work to reduce triglyceride levels if exercise and diet changes aren't enough. Statins, omega-3 fatty acid supplements, fibrates and nicotinic acid all reduce fat by preventing the absorption of cholesterol, leading to a happier and healthier heart.

Source:

[WebMD: Triglycerides and Lowering Triglycerides](#)

[American Heart Association: Triglycerides](#)

Read more: [Why avoid triglycerides? | Answerbag http://www.answerbag.com/q_view/1915193#ixzz2dDLxgqnc](http://www.answerbag.com/q_view/1915193#ixzz2dDLxgqnc)