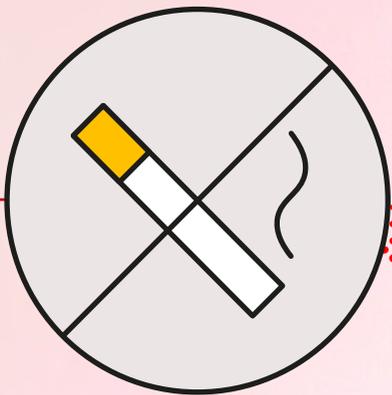


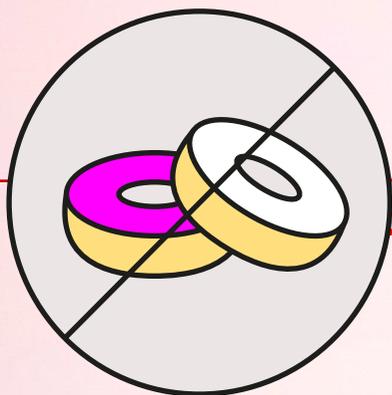
Behaviors to Reduce the Risk of Hypertriglyceridemia



Drink less alcohol



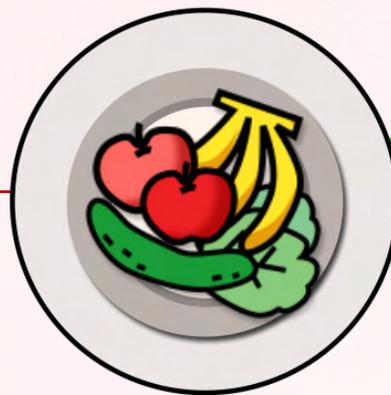
Quit smoking



Eat fewer sugars, saturated fats, and refined carbohydrates



Exercise regularly



Eat more fiber, oily fish, and unsaturated fats

References

¹ Aggarwal, R., et al – Triglycerides Revisited: A contemporary perspective on the assessment and management of cardiovascular risk due to elevated triglycerides: A consensus state of the International Atherosclerosis Society. IAS; 2024 [cited 2025 June 6th]. Available from https://athero.org/wp-content/uploads/2024/07/IAS_Triglycerides-Revisited-Consensus_Aug2024.pdf