• **Q:** Is there anything specific that I can do to lower my triglycerides?
  • **A:** Yes! There are several powerful lifestyle changes to consider, including: losing weight (if overweight), getting more physically active, quitting tobacco, limiting alcohol, limiting sugary foods, and switching from less healthy fats and more healthy fats. These lifestyle changes can yield some serious improvement in your triglycerides. However, as you work on these lifestyle changes, I don’t recommend stopping your triglyceride lower medications without your doctor’s guidance.

• **Q:** What is trans-fat?
  • **A:** For the most part, trans fat is a type of fat that is created when hydrogen gas is added to liquid vegetable oils. This process of hydrogenation makes the oil a little more solid and resistant to spoilage. However, it’s not great for your heart health. Thankfully, it’s now listed on the nutrition facts on food packaging. Remember, your daily goal is zero grams. When you’re at the grocery store, read all labels for trans-fat, but be especially cautious with hard margarines, shortenings, and the baked goods that are often prepared with these margarines and shortenings. Oh, but don’t worry, there are margarines, shortenings, and baked goods that don’t contain trans-fat. So, no need to give up these foods if you don’t want to. Some margarines that are made with plant sterols or stanols can be beneficial in lowering HDL or LDL (but have not been shown to lower triglycerides), and some contain MUFAs and PUFAs, but in general margarine and definitely shortenings should be minimized in the diet due to saturated fats and calories.