Triglycerides are a type of fat that travel through your blood. High triglycerides can increase your risk of heart disease and other health problems. They can also increase your risk of explaining your cholesterol levels.

Triglycerides are made in your liver when you eat more calories than your body needs. They can also increase your risk of explaining your cholesterol levels.

Tips for lowering triglycerides:
- Limit your intake of saturated fat and trans fats.
- Increase your intake of fiber and vegetables.
- Limit your alcohol intake.
- Lose weight if you are overweight or obese.
- Exercise regularly.

In general, triglycerides are considered normal if they are in the normal range. If your triglycerides are high, you may be at risk for heart disease and other health problems. It is important to talk to your doctor about your triglyceride levels and what you can do to lower them.

About triglycerides

- Normal: Less than 150 mg/dL
- Borderline: 150 to 199 mg/dL
- High: 200 to 499 mg/dL
- Very high: 500 mg/dL or higher

Keep in mind

- Triglycerides are a type of fat that travel through your blood.
- High triglycerides can increase your risk of heart disease.
- Triglycerides are made in your liver when you eat more calories than your body needs.
- It is important to talk to your doctor about your triglyceride levels.

For more information, visit the American Heart Association's website on triglycerides.