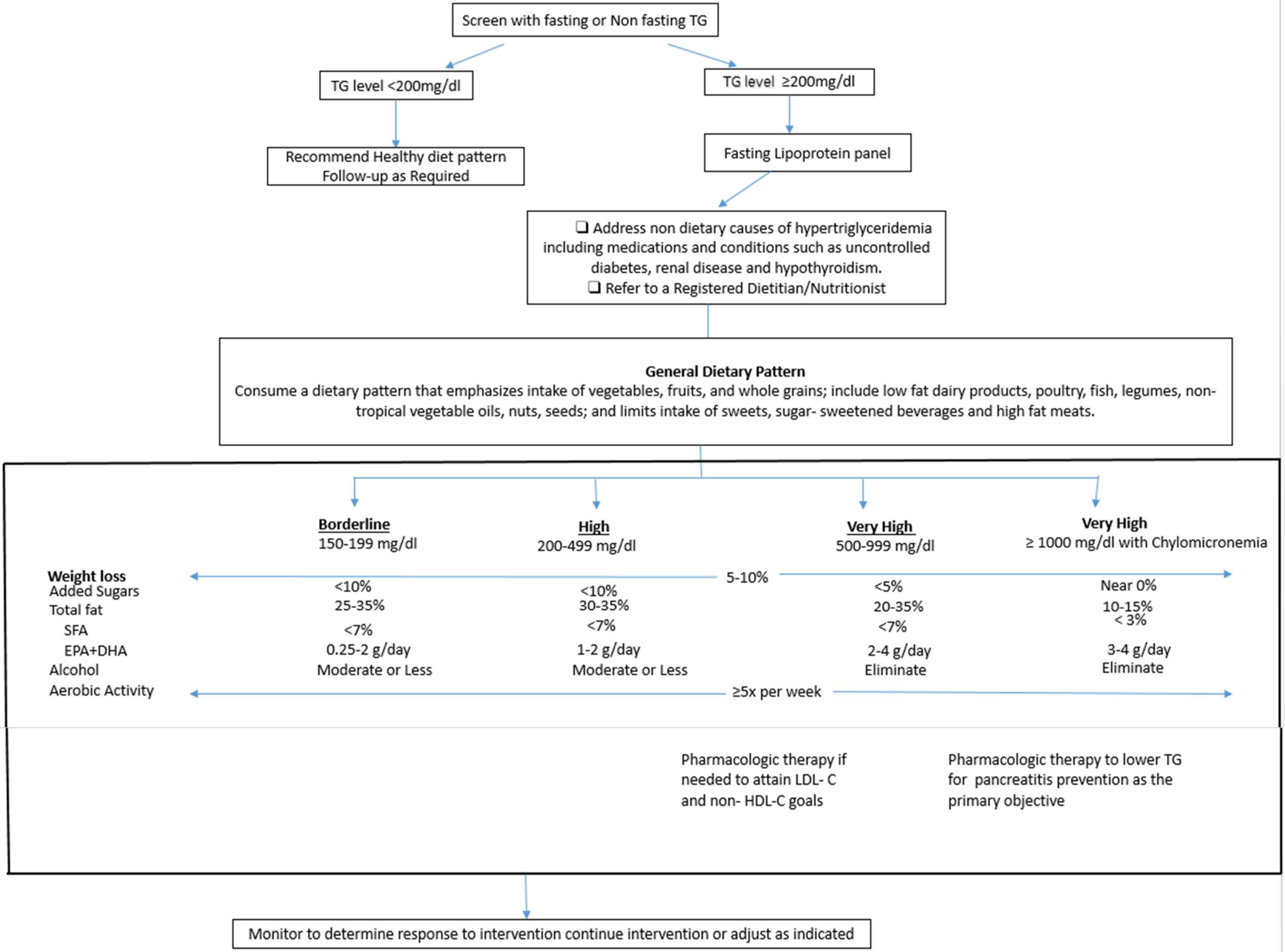
Screen with fasting or Non fasting TG
TG level <200mg/dl
TG level ≥200mg/dl
Recommend Healthy diet pattern
Follow-up as Required
Fasting Lipoprotein panel
❑ Address non dietary causes of hypertriglyceridemia including medications and conditions such as uncontrolled diabetes, renal disease and hypothyroidism.
❑ Refer to a Registered Dietitian/Nutritionist
General Dietary Pattern
Consume a dietary pattern that emphasizes intake of vegetables, fruits, and whole grains; include low fat dairy products, poultry, fish, legumes, non-tropical vegetable oils, nuts, seeds; and limits intake of sweets, sugar- sweetened beverages and high fat meats.
Borderline
150-199 mg/dl
High
200-499 mg/dl
Very High
500-999 mg/dl
Very High
≥ 1000 mg/dl with Chylomicronemia
Weight loss
5-10%
Added Sugars
<10%
<10%
<5%
Near 0%
Total fat
25-35%
30-35%
20-35%
10-15%
SFA
<7%
<7%
<7%
< 3%
EPA+DHA
0.25-2 g/day
1-2 g/day
2-4 g/day
3-4 g/day
Alcohol
Moderate or Less
Moderate or Less
Eliminate
Eliminate
Aerobic Activity
≥5x per week
Pharmacologic therapy if needed to attain LDL- C and non- HDL-C goals
Pharmacologic therapy to lower TG for pancreatitis prevention as the primary objective
Monitor to determine response to intervention continue intervention or adjust as indicated