

Triglyceride level

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

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Hyperlipidemia: Triglycerides vs Cholesterol

Triglycerides often reveal metabolic dysfunction earlier than cholesterol alone. They reflect how the body processes sugar, alcohol, and excess energy. Elevated triglycerides quietly increase cardiovascular risk. Understanding this prevents false reassurance.

Triglycerides rise when excess carbohydrates are converted to fat in the liver, a process amplified by insulin resistance. Elevated triglycerides increase small, dense LDL particles, which more easily penetrate artery walls and oxidize. HDL often falls in this state, reducing protective cholesterol transport.

Lab patterns include triglycerides above 150, HDL below optimal, and triglyceride-to-HDL ratios above ~3. These changes often appear years before LDL rises.

Unchecked, this pattern accelerates atherosclerosis and fatty liver disease despite "normal" total cholesterol.

01 FOR EXAMPLE

A 46-year-old is reassured because LDL is 122. Triglycerides are 280 and HDL is 36, but no action is taken. Years later, coronary calcium rises. Dietary changes targeting refined carbs and sugar reduce triglycerides significantly and stabilize risk.

02 Try This Today

Measure: Review triglycerides and HDL from your last labs

Do: Eliminate added sugar and alcohol today

Reflect: Consider whether lipid risk has been underestimated



Select a plan:

<https://tinyurl.com/healthyu-amaze>

