

## **What are triglycerides?**

Triglycerides are a type of fat found in your blood. They are a major source of energy and the most common type of fat in your body. High triglycerides are linked with excess weight, excess alcohol consumption and diabetes. Your triglyceride level is usually measured at the same time as your blood cholesterol

When you eat, your body uses the calories it needs for quick energy. Any extra calories are turned into triglycerides and stored in fat cells to be used later. The excess calories are stored as fat regardless of what kind of food you eat-fat, carbohydrate, or protein. If you regularly eat more calories than you burn, you may have high triglycerides.

In normal amounts, triglycerides are important to good health. When triglyceride levels are high, it is not clear whether these high levels directly increase your risk for heart disease. But high triglycerides are often part of a group of conditions called metabolic syndrome.

For more information on metabolic syndrome visit [Metabolic Syndrome](#) or refer to the “[Resourceful Link](#)” section where you will find a link to the Canadian Heart & Stroke Foundation, American Heart Association and the National Heart Lung and Blood Institute websites.