

Triglycerides in Pregnancy

DNA Health Report

REPORT CATEGORIES —



HEART & BLOOD
VESSELS



REPRODUCTIVE
HEALTH

Sample Client

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DISCLAIMER

This report does not diagnose this or any other health conditions. Please talk to a healthcare professional if this condition runs in your family, you think you might have this condition, or you have any concerns about your results.

Personal information

NAME

Sample Client

SEX AT BIRTH

Male

HEIGHT

5ft 5" 165cm

WEIGHT

137lb 62kg



How this works

Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.



Similarly, our Trait Reports look at how your DNA influences your traits.



Your DNA is like an instruction manual — it contains a lot of information.
You can think of it as a blueprint for your body.

Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



We use artificial intelligence and machine learning to analyze all this information.
We then summarize your results as a risk score or display it on a gauge.

In total, we analyze up to 83 million genetic variants.

When we give a risk score, the risk icon tells you if you are at a higher or lower risk compared to other people:



Genotype color info:

AA

You don't have any risk alleles

AA

You have 1 risk allele

AA

You have 2 risk alleles

Your risk is also displayed as a percentile. This will tell you how your risks compare to our sample population. The lower your percentile number, the lower your risk. The "50th percentile" would be an average risk.

Similarly, the gauge tells you your relative risk score compared to our sample population, or it indicates a specific trait or haplotype you are more likely to have based on your genetic variants.

When applicable, we also list top evidence-based recommendations that may help lower your risk. The focus is on recommendations that may be of benefit to you, based on your genetics.

Our recommendations come in four categories: lifestyle, diet, supplements and drugs.
The following icons tell you which category a recommendation falls into:



Our team of scientists also ranks each recommendation.
We rank based on impact and the strength of evidence in the medical literature.

Impact shows how strongly a recommendation will affect your health in a certain area.
Evidence is how much scientific support there is for the recommendation. Rankings are from 1 to 5 (low to high):



Impact

Impact scores range from 1-5. These scores reflect how much of an effect each recommendation can have. An impact score of 5 predicts the biggest effect.

When a recommendation affects something we can measure, we use those measurements to assign the impact score. For example, a recommendation that decreases cholesterol by 20% will have a higher impact score than one that decreases it by 5%.

Some recommendations affect things that we cannot directly measure, like stress or mood. For these, the impact score is based on how well they work relative to other recommendations and standard treatments. The best ones get the highest scores.

If there is a lot of research that shows a recommendation works especially well for your genotype, the impact score gets increased.

Recommendation Evidence

5 / 5

Recommendations that are considered effective and generally recommended by experts and medical bodies.

4 / 5

Recommendations that are considered likely effective and that have multiple independent meta-analyses and a great many studies supporting them.

3 / 5

Recommendations that are considered possibly effective and have many studies supporting them

2 / 5

Recommendations that have insufficient evidence, with two or several clinical trials supporting them, or many studies but with ambiguous results.

1 / 5

Recommendations that have insufficient evidence, with a single clinical trial, or with many studies most of which didn't find support for the recommendation.

0 / 5

No evidence in humans.

Genotype-specific Evidence

High-quality

Direct evidence that a recommendation helps more in people with your gene variant (many clinical trials, a few large clinical trials, or a meta-analysis).

Medium-quality

Direct evidence that a recommendation helps more in people with your gene variant (a few clinical trials or one large clinical trial).

Low-quality

Direct evidence that a recommendation helps more in people with your gene variant (a single clinical trial or more trials with inconsistent results).

Indirect

A recommendation may help more in people with your gene variant because it targets a specific gene or protein affected by your variant (e.g., MTHFR, dopamine).

In theory

A recommendation may help more in people with your gene variant because it targets a specific mechanism affected by your variant (e.g., inflammation, oxidative stress).

Some things to keep in mind:

- Genetics doesn’t play a considerable role in a condition or a trait.
- There is not enough research available to estimate a genetic predisposition.
- There are technical limitations to estimating or presenting a genetic predisposition.
- The topic is sensitive, and a genetic predisposition should only be estimated and presented by a healthcare professional.

Introduction

Triglycerides are the most prevalent type of fat found in the body [\[R\]](#).

Dietary sources of triglycerides include butter, oils, and other high-fat foods. After digestion, triglycerides can be stored in adipose tissue or utilized by the body as an energy source [\[R, R, R, R, R\]](#).

In addition to dietary intake, the liver synthesizes and stores triglycerides, particularly when caloric intake exceeds the body’s energy requirements [\[R, R, R\]](#).

Some triglycerides are needed for the body to function. However, high levels can lead to health problems like [\[R, R, R, R\]](#):

- Atherosclerosis
- Stroke
- Coronary heart disease
- Pancreatitis

Factors Affecting Triglyceride Levels During Pregnancy

The blood lipid profile of **pregnant women** undergoes changes that start during the first weeks and include an increase in triglyceride levels. While a physiological increase in triglycerides is required for fetal development and pregnancy maintenance, excess levels may increase the risk of:

- Adverse pregnancy outcomes [R, R]
- Aberrant fetal growth [R, R, R, R]
- Dyslipidemia and cardiovascular disease in the offspring [R]

Some factors may particularly increase triglycerides during pregnancy. These include [R, R]:

- Being overweight or obese
- Certain ethnicities
- Eating a diet high in saturated fats
- Smoking during pregnancy
- Higher maternal age
- Higher parity
- Lack of exercise

Up to 45% of differences in people’s triglyceride levels may be attributed to genetics. Genes involved in high triglycerides during pregnancy may influence fat and sugar metabolism. They include [R, R]:

- [LEPR](#)
- [BUD13](#)
- [FADS1](#)
- [FADS2](#)
- [LIPC](#)
- [GCKR](#)
- [LPL](#)

Managing triglyceride levels primarily involves lifestyle interventions, as medication use is generally limited during pregnancy due to potential risks to the fetus. Doctors may recommend [R, R]:



Predisposed to typical triglyceride levels in pregnancy based on 26 genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
LPL	rs12678919	AA
QKI	rs4709741	CC
DOCK7	rs2131925	TT
MLXIPL	rs17145738	CT
TNFAIP8	rs1045241	CC
LPL	rs894210	GA
GCKR	rs1260326	TC
COBLL1	rs7607980	TC
GRB14	rs12328675	TC
BUD13	rs603446	CT
ATP2B4	rs2821231	TC
MICB	rs2247056	CT
GCKR	rs780094	TC
ADAM10	rs261342	CG
MAP3K1	rs9686661	TC
REEP3	rs7897379	CT
ARL15	rs6450176	AG
SIDT2	rs10790162	GG
PCSK7	rs2160669	TT
SIDT2	rs964184	CC
LCMT2	rs2412710	GG
GINS2	rs871290	GG
NSMAF	rs2081687	CC
EYA1	rs4738141	AA
FADS2	rs174546	CC
FADS2	rs1535	AA

The number of "risk" variants in this table doesn't necessarily reflect your overall result.

- A balanced diet with plenty of fruits, vegetables, whole grains, and sources of omega-3 fatty acids while limiting sugars and saturated fats
- Regular, moderate exercise such as walking or prenatal yoga.
- Regular monitoring of lipid profiles as part of prenatal care, especially if there is a history of lipid disorders.

Consumer Summary

- Triglycerides are a type of fat your body uses for energy and stores for later. They naturally rise during pregnancy to support your baby’s growth and development, but very high levels can lead to complications.
- Excess triglycerides during pregnancy might increase the risk of problems like abnormal baby growth or long-term heart issues for both you and your baby.
- Factors like being overweight, eating too much saturated fat, and smoking can cause triglycerides to rise too much during pregnancy. Genetics also plays a big role, with genes involved in sugar and fat metabolism.
- To manage triglyceride levels, focus on eating a balanced diet with plenty of fruits, vegetables, whole grains, and healthy fats like omega-3s. Regular exercise, like walking or prenatal yoga, can also help.
- Your doctor may monitor your lipid levels as part of routine prenatal care, especially if you have a history of high triglycerides.

Your Recommendations

Your recommendations are prioritized according to the likelihood of it having an impact for you based on your genetics, along with the amount of scientific evidence supporting the recommendation.

You’ll likely find common healthy recommendations at the top of the list because they are often the most impactful and most researched.

DOSAGE		DOSAGE	
1	Avoid Sugary Foods & Drinks	2	Choose Healthy Fats
3	Omega-3 (Fish Oil) 2000 mg	4	Exercise At Least One Hour a Day 1 hour
5	Mind-Body Exercise 1 hour	6	Limit Caffeine Intake
7	Eat Fiber-Rich Foods	8	Maintain Optimal Vitamin D Levels 1000 iu
9	Mediterranean Diet	10	Probiotics 30 billion CFU

1



Avoid Sugary Foods & Drinks

IMPACT

4 / 5

EVIDENCE

5 / 5

How to implement

To avoid sugary foods, eliminate or significantly reduce consumption of foods and beverages high in added sugars such as sodas, candies, baked goods, and sugary cereals from your diet. Instead, opt for natural sugar sources like fruits. Aim to do this daily for ongoing health benefits.

Description

High-sugar foods like baked goods, sweets, and sugary drinks, can spike your blood sugar levels. Consuming a lot of these types of foods can contribute to health issues like diabetes, obesity, insomnia, and heart disease.

High-sugar foods and refined carbs have a high glycemic index (GI). This means they tend to spike your blood sugar levels. They include [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Sugary drinks
- Baked goods
- Sweets
- White bread
- White rice
- Pasta

Eating a lot of sugary foods can contribute to:

- Diabetes [\[R\]](#), [\[R\]](#), [\[R\]](#)
- Weight gain and obesity [\[R\]](#), [\[R\]](#)
- Insomnia [\[R\]](#)
- Heart disease [\[R\]](#)

You may also want to avoid processed sugars and sugary drinks. They may have a role in increasing IL-1B [\[R\]](#), [\[R\]](#).

How it helps

Avoiding sugary foods during pregnancy helps manage gestational diabetes risk, prevents excessive triglycerides that can affect fetal growth, and helps maintain healthy maternal weight gain patterns.

People who eat more sugary foods tend to have higher triglycerides [\[R\]](#), [\[R\]](#).

Experts recommend replacing these foods with whole grains, healthy fats, fresh fruits and vegetables [\[R\]](#).

A low-carb diet may lower blood triglycerides more than a low-fat diet. Following a very-low-carb diet may produce even better results [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

However, some studies did not find low-carb diets to be better than balanced, calorie-restricted diets [\[R\]](#).

Limiting sugary foods can help by decreasing the amount of calories you eat. Extra calories that the body doesn't burn get converted into triglycerides [\[R\]](#).

2



Choose Healthy Fats

IMPACT

4 / 5

EVIDENCE

4 / 5

How to implement

Incorporate sources of unsaturated fats such as olive oil, avocados, nuts, seeds, and fatty fish into your daily diet. Aim for at least two servings of fatty fish per week and use olive oil for cooking and salad dressings. Replace saturated fats found in red meat, butter, and processed foods with these healthier options whenever possible.

Description

Choosing healthy fats, such as those found in avocados, nuts, and fatty fish, can support cardiovascular health, reduce inflammation, and promote overall well-being. A diet balanced in healthy fats can help manage cholesterol levels and reduce the risk of heart disease.

Based on their structure, the fats in our diet can be broadly divided into *saturated* and *unsaturated* fat. Trans fat is a type of unsaturated fat [\[R, R, R\]](#).

In large amounts, trans fat and saturated fat may have a negative impact on your heart and reproductive health. Processed foods and animal products like red meat and dairy are rich in these fats [\[R, R, R, R, R\]](#).

Some types of unsaturated fat can protect your heart and support fertility. **Experts say you should add more unsaturated fats to your diet.** Some good sources include [\[R, R, R\]](#):

- Nuts
- Seeds
- Fish

Unsaturated fats include polyunsaturated fats or PUFAs (omega-3 and omega-6) and monounsaturated fats or MUFAs [\[R, R\]](#).

How it helps

Choosing healthy fats during pregnancy supports fetal brain development, helps regulate maternal triglycerides, and provides essential nutrients while avoiding harmful trans fats that can affect placental function.

Reducing total fat intake alone may not lower triglycerides, since foods high in fat may be replaced with foods that aren’t healthier, such as refined carbs [\[R, R\]](#).

Instead, **experts recommend avoiding trans fats and limiting saturated fat to help lower triglycerides.** They advise replacing these fats with healthier unsaturated fats [\[R, R\]](#).

Plant-based monounsaturated fats (MUFAs), like olive oil, may decrease triglycerides. However, not all studies found this benefit [\[R, R, R, R, R, R\]](#).

Avocados are rich in healthy MUFAs that can help lower bad cholesterol and raise the level of good cholesterol, leading to a reduction in triglyceride levels. Furthermore, avocados are high in fiber which is beneficial for overall heart health.

A [meta-analysis of 10 studies and 229 participants](#) concluded that consuming avocados **lowers LDL-C (by 16.50 mg/dL) and triglycerides (by 27.20 mg/dL)** [\[R\]](#).

PUFAs—such as omega-3 fatty acids found in fish, flaxseed, and walnuts—may be more effective. Some experts suggest eating at least 2 servings of fish per week to help reduce triglycerides [\[R, R, R, R, R\]](#).

3



Omega-3 (Fish Oil)

IMPACT4 / 5

EVIDENCE4 / 5

How to implement

Take 1-2 g of omega-3 (fish oil) supplement daily, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

2000 mg

Description

Omega-3 fatty acids are essential fats found in fatty fish like salmon, flaxseeds, and walnuts. They are known for their potential cardiovascular and brain health benefits, including reducing the risk of heart disease and supporting cognitive function.

[Omega-3 fatty acids](#) are some of the healthiest fats we can eat. They help lower inflammation and protect the heart, brain, and eyes. Our bodies produce less omega-3s than we need for optimal health, so it's important to get enough through food or supplements [\[R, R, R\]](#).

There are three major types of omega-3s: ALA, EPA, and DHA [\[R, R\]](#).

Fatty fish are rich in EPA and DHA. They include [\[R\]](#):

- Salmon
- Tuna
- Herring
- Sardines

For optimal protection, try to get at least **two servings of fatty fish per week**. Fish oil supplements are available for those who don't eat fish regularly [\[R\]](#).

How it helps

Omega-3 fatty acids during pregnancy support fetal brain and eye development while helping maintain healthy maternal triglyceride levels and reducing inflammation throughout the body.

Omega-3 fatty acids may help lower triglycerides levels. They may help both healthy people and those with chronic health conditions. Helpful omega-3 sources include [\[R, R, R, R, R, R, R, R, R\]](#):

- Fish oil
- Krill oil
- Algal oil

Omega-3 supplements may also help when combined with other supplements, such as vitamin D [\[R, R, R\]](#).

Prescription omega-3s are recommended for people with very high triglyceride levels [\[R, R, R\]](#).

Omega-3s may support healthy triglyceride levels by helping the body break them down [\[R, R\]](#).

Two meta-analyses (the largest one with 64 trials) concluded that supplementation with **krill oil** (0.5-3 g/day for 4-12 weeks) lowers triglycerides by 9.838-14.03 mg/dL. A novel krill oil formulation (4 g/day) lowered them by 26% in a placebo-controlled trial of 520 patients. Krill oil was most effective in patients taking statins or cholesterol absorption inhibitors or those with low baseline EPA and DHA levels [\[R, R, R\]](#).

Please note: *Prescription and supplement omega-3s differ in their content and quality. Accordingly, outcomes may differ significantly between the two. Fish oil can interact with blood thinners (like aspirin, Plavix, Coumadin). Consult your doctor before taking fish oil* [\[R, R\]](#).

4



Exercise At Least One Hour a Day

IMPACT

3 / 5

EVIDENCE

5 / 5

How to implement

Dedicate a minimum of 60 minutes to moderate-intensity activities such as brisk walking, swimming, or cycling. Do this most days of the week, aiming for at least 5 days to optimize benefits.

TYPICAL STARTING DOSE

1 hour

Description

[Exercise](#) can do wonders for your health. It can help you lose weight, improve your heart health, boost your mood, and more [\[R\]](#).

There are many ways you can be active. You can walk, run, swim, dance, or play team sports. **Everything counts, and it's never too late to start!**

Try to get at least **60 minutes of moderate physical activity on most days**, including walking. **Getting a mix of cardio (min 150 min/day) and strength training (min 2 times a week) may be optimal.**

How it helps

Regular exercise during pregnancy improves lipid metabolism, reduces cardiovascular risks, and helps maintain healthy triglyceride levels while providing numerous other benefits for maternal and fetal health.

Inactive people tend to have higher triglycerides [\[R, R, R\]](#).

Regular exercise is one of the best ways to decrease triglycerides. It helps burn calories and helps your body break down triglycerides. **Experts recommend at least 30 minutes of physical activity a day, on all or most days of the week** [\[R, R, R\]](#).

Types of exercise that may help include:

- **Cardio** (at least 150 min/week) [\[R, R, R, R, R, R\]](#)
- **Resistance training** [\[R, R, R\]](#)
- **Yoga** [\[R, R, R, R, R, R\]](#)
- **Tai chi** [\[R, R\]](#)

Vigorous cardio may work better than moderate cardio. For example, running may help more than brisk walking [\[R, R, R\]](#).

Combining exercise with diet changes may produce even better results [\[R, R\]](#).

5



Mind-Body Exercise

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Incorporate mind-body exercises such as yoga, tai chi, or meditation into your daily routine. Allocate at least 30-60 minutes per day to these activities, aiming for consistency over intensity. Choose a quiet, comfortable space and make it a regular part of your day, ideally at the same time each day to establish a routine.

TYPICAL STARTING DOSE

1 hour

Description

Mind-Body exercises like yoga and Tai Chi combine physical movement with mindfulness, offering benefits such as improved flexibility, balance, and mental focus. These practices promote holistic well-being by enhancing both physical and mental health.

How it helps

Tai chi provides gentle but effective exercise during pregnancy that helps manage triglycerides while improving balance, reducing stress, and maintaining strength without risk of falling.

Tai chi may lower blood triglycerides by increasing the body energy usage and fat breakdown [\[R, R\]](#).

Prenatal yoga helps manage triglycerides through gentle movement while reducing pregnancy stress, improving sleep quality, and preparing the body for labor.

Yoga may lower triglycerides in healthy people, as well as in those with prediabetes or type 2 diabetes [\[R, R, R, R, R, R\]](#).

6



Limit Caffeine Intake

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Limit your caffeine consumption to less than 200 milligrams per day, equivalent to about two 6-ounce cups of coffee. Aim to avoid caffeine-containing foods and beverages such as tea, chocolate, and some soft drinks, especially in the late afternoon and evening to minimize sleep disturbances.

Description

Although caffeine is the world's most popular stimulant, some people choose to limit or avoid it due to potential adverse effects on their sleep, mood, or blood pressure.

How it helps

Limiting coffee intake during pregnancy helps maintain healthy triglyceride levels while reducing fetal exposure to **caffeine** and supporting optimal maternal blood pressure regulation.

Consuming coffee (4-8 cups/day for 28-70 days) may increase blood triglycerides [\[R, R\]](#).

7



Eat Fiber-Rich Foods

IMPACT2 / 5

EVIDENCE4 / 5

How to implement

Incorporate foods high in fiber, such as fruits, vegetables, whole grains, and legumes, into your daily meals. Aim for a total dietary fiber intake of 25 to 30 grams per day, spread out over all meals.

Description

Fiber is a type of carb that your body can’t digest which supports digestion, heart health, and blood sugar control. You can get fiber by eating things like whole grains, fruits, nuts, seeds, and leafy greens.

Fiber is a type of carb that your body can’t digest. It supports digestion, heart health, blood sugar control, and more [\[R, R\]](#).

Adults should get 28 g of fiber every day. Most people in the US don’t get enough fiber [\[R, R\]](#).

You can get more fiber by eating [\[R, R\]](#):

- Whole grains
- Fruits
- Leafy greens
- Nuts and seeds
- Beans
- Broccoli

Fiber supplements, such as [psyllium husk](#), are available for people who don’t get enough fiber from their diets [\[R, R\]](#).

How it helps

Adequate dietary fiber during pregnancy helps control triglycerides while preventing constipation, managing gestational diabetes risk, and supporting healthy maternal weight gain.

Some experts recommend eating foods high in fiber to reduce triglycerides. They advise replacing refined grains (such as white bread, white rice, and pasta) with fiber-rich foods [\[R\]](#).

Adding fiber-rich foods like **flaxseed** to the diet may reduce triglycerides. Research on over 3,000 people concluded that flaxseed supplementation (30-60 g/day ground seed or equivalent to 2.5-8 g/day of alpha-linolenic acid for 6-27 weeks) may reduce blood triglycerides [\[R, R, R, R, R\]](#).

Fiber supplements may also help lower triglycerides. Examples include [\[R, R, R, R\]](#):

- [Psyllium](#): 10-15 g/day for 8-20 weeks
- [Inulin](#): 10-20 g/day for 3-4 weeks
- [Glucomannan](#): 2-10 g/day for 3-8 weeks
- [Beta-glucans](#): 5-10 g/day for 4-12 weeks

Increased fiber intake may help lower calorie intake and maintain a healthy weight. It may also decrease fat production [\[R, R\]](#).

8



Maintain Optimal Vitamin D Levels

IMPACT

2 / 5

EVIDENCE

3 / 5

How to implement

Check your vitamin D levels, they should ideally be in the 30-66 ng/mL range. If your levels are lower than that, take a vitamin D supplement, 1000-4000 IU daily, to reach an optimal range.

TYPICAL STARTING DOSE

1000 iu

Description

Vitamin D, often referred to as the "sunshine vitamin," can be synthesized by the skin when exposed to sunlight, as well as being found in fish, eggs, and fortified milk. It helps regulate calcium absorption, promoting strong bones and a healthy immune system. Vitamin D deficiency can lead to conditions like rickets in children and osteoporosis in adults.

Your body needs [vitamin D](#) for strong bones. Vitamin D also plays a role in [\[R\]](#):

- Mood
- Immunity
- Heart health
- Blood sugar control

[Sunlight](#) is our main source of vitamin D. Experts recommend getting at least **5-15 minutes of midday sun, 2-3 times per week**. People with darker skin and those living at high latitudes may need longer periods of sun exposure [\[R\]](#), [\[R\]](#).

Foods like fish, eggs, and fortified milk provide small amounts of vitamin D. **People lacking vitamin D should consider taking a supplement** [\[R\]](#).

How it helps

Vitamin D supplementation during pregnancy helps regulate triglycerides while supporting fetal bone development, reducing pregnancy complications, and improving maternal immune function.

Low vitamin D levels have been linked to higher blood triglycerides [\[R\]](#), [\[R\]](#).

Vitamin D supplements (1000-2,000 IU/day for up to 6 months) may help lower triglycerides. However, it may only help in people who are deficient, and some people may require larger amounts. In addition, several studies did not find a clear benefit [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Vitamin D combined with calcium may also help [\[R\]](#).

Vitamin D may help the body make less triglycerides and increase their breakdown [\[R\]](#).

Please note: *Experts recommend getting 600-800 IU of vitamin D per day. Medical bodies recommend against taking more than 4000 IU per day* [\[R\]](#).

9



Mediterranean Diet

IMPACT

2 / 5

EVIDENCE

3 / 5

How to implement

Incorporate a variety of primarily plant-based foods, such as fruits, vegetables, whole grains, nuts, and legumes, into every meal. Choose healthy fats, like olive oil, over saturated fats and consume fish and poultry at least twice a week. Limit red meat to a few times a month and include a moderate amount of dairy products. Opt for water and red wine in moderation as your beverages.

Description

The [Mediterranean diet](#) is based on the traditional cuisine from the Mediterranean regions. It moderates the intake of red meat and dairy, while being rich in fruits and vegetables, whole grains, and healthy fats ([olive oil](#)).

The [Mediterranean diet](#) focuses on traditional cuisine from the Mediterranean regions. It’s rich in [\[R\]](#):

- [Olive oil](#)
- Fruits and vegetables
- Whole grains
- Nuts and seeds
- Fish

This type of diet may **reduce inflammation and protect the brain and heart** [\[R, R, R, R\]](#).

Limited intake of animal products, saturated fat, and refined sugar likely contribute to the health benefits of the Mediterranean diet [\[R\]](#).

How it helps

The Mediterranean diet during pregnancy helps manage triglycerides while reducing the risk of gestational diabetes, supporting fetal growth, and providing optimal nutrition for maternal health.

The **Mediterranean diet may lower triglycerides** because it is [\[R, R, R, R\]](#):

- High in fiber
- High in omega-3s
- Low in sugar

Combining the Mediterranean diet with exercise may work even better [\[R\]](#).

How to implement

TYPICAL STARTING DOSE

30 billion CFU

Description

- Maintaining gut health
- Supporting a healthy immune system
- Improving your mood
- Helping to maintain healthy blood sugar

- Oligo-fructose
- Oligo-galactose
- Inulin

Mixtures of probiotics and prebiotics are known as **synbiotics** [R].

How it helps

Probiotic supplementation during pregnancy supports healthy triglyceride metabolism while optimizing maternal gut health and contributing to the development of the baby's immune system.

Studies of probiotics show mixed results in lowering triglyceride levels across different groups. While two meta-analyses with a total of 606 people reported a slight reduction, four other meta-analyses involving 2,177 people found no impact. Similarly, no effects were observed in a study of 976 people taking *Lactobacillus* probiotics or in overweight or obese people from two studies [R, R, R, R, R, R, R, R, R].

Contrasting results were seen in specific health conditions: probiotics did not affect triglyceride levels in pregnant women, people with metabolic syndrome, and people with chronic kidney disease [R, R, R, R].

However, probiotics reduced triglycerides in studies of people with type 2 diabetes, women with PCOS, and people with fatty liver. Some studies did not find this benefit for people with diabetes [14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25].