

TLC diet

The Therapeutic Lifestyle Changes (TLC) Diet emphasizes heart healthy lifestyle choices. The TLC diet is a cholesterol lowering diet that is aimed at lowering low-density lipoprotein (LDL) level and raises their high-density lipoprotein (HDL) level enough to reduce their risk of a heart attack or other chronic disease caused by hardening of the arteries.

Protein, Eggs, and Nuts

- 5 ounces of meat or less per day
- Skinless turkey and chicken
- Eat fish such as Cod
- Dry peas, beans, and tofu are great meat substitutes
- Use egg whites

Milk, Yogurt, and Cheese

- 2-3 servings of low-fat or nonfat dairy products
- Buy frozen deserts that are lower in saturated fat such as low-fat frozen yogurt or sorbet.
- Try low-fat or nonfat sour cream

Fats and Oils

- Use oils higher in unsaturated fat—canola, corn, olive, peanut, safflower, sesame
- Limit butter, lard, fatback, and solid shortenings
- Use light or nonfat mayonnaise and salad dressing
- Use margarine made with unsaturated liquid vegetable oils as first ingredients.
- Use herbs, spices, lemon juice and vinegar to season food

Grains

- Choose whole grain bread and rolls
- Buy dry cereals that are low in fat
- Limit sweet baked goods that are high in saturated fats
- Buy pasta and rice to youse as entress, but eliminate high fat sauces

Fruits and Vegetables

- 3-5 servings each day
- Each fruits and vegetables as snacks, desserts, salads, side dishes, and main dishes
- Eat raw fruits and vegetables over processed ones
- Use a variety of vegetables

Snacks

- Eat sweets and snacks only once in a while
- Buy snacks low in fat
- Reduce sodium intake by using unsalted varieties

