High Cholesterol: The TLC Diet

What is the TLC diet?
The TLC (Therapeutic Lifestyle Changes) diet is one of several heart-healthy diets that can lower cholesterol and help lower your risk of heart disease or stroke. When you follow this diet, you eat less fat and change the types of fats you eat. You also eat fewer foods that have cholesterol. This diet is part of the TLC program, which also includes being active and staying at a healthy weight to lower cholesterol.

The TLC diet means that:

- You get 25% to 35% of your daily calories from fat, mainly from unsaturated fat. These fats include canola, olive, peanut, safflower, sunflower, and corn oils.
- You get less than 7% of your daily calories from saturated fat. These fats include butter, shortening, and fat found in animal and dairy products.
- You eat no more than 200 milligrams (mg) of cholesterol a day. Cholesterol is found in foods such as egg yolks, poultry, red meat, dairy products, and shellfish.
- You avoid trans fat. Foods with trans fats include some vegetable shortening, crackers, cookies, and packaged snack foods.

Many people whose cholesterol is high because they eat too many fatty foods are able to lower their cholesterol by changing what they eat.

How do you follow the TLC diet?
Use the following table to learn how to choose foods for the TLC diet.

<table>
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<th>TLC diet recommendations</th>
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<tbody>
<tr>
<td><strong>Food group</strong></td>
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| Lean meat, poultry, fish, dry beans, and dry peas | • Eat no more than 5 ounces a day of lean meat, skinless poultry, or fish.  
• Use ½ cup cooked beans or peas instead of 2 ounces of meat. |
<table>
<thead>
<tr>
<th>Food group</th>
<th>Serving size and what to eat</th>
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| Low-fat milk and milk products   | Get 2 to 3 servings a day.  
  • 1 cup fat-free or 1% milk  
  • 1 cup nonfat or low-fat yogurt  
  • 1 ounce nonfat or low-fat cheese                                                                                                                                 |
| Eggs                             | • Eat no more than 2 yolks a week.  
  • Egg whites or substitutes are not limited.                                                                                                                                                                               |
| Fruits                           | Get 2 to 4 servings a day.  
  • 1 piece of fruit, such as an apple or orange  
  • 1 cup berries or melon  
  • ½ cup canned fruit or ¾ cup fruit juice                                                                                                                                                                               |
| Vegetables                       | Get 3 to 5 servings a day.  
  • 1 cup raw leafy greens  
  • ½ cup cooked or raw vegetables  
  • ¾ cup vegetable juice                                                                                                                                                                                                    |
| Bread, cereals, pasta, rice, and other grains | Get at least 6 servings a day.  
  • 1 slice of bread or ½ hot dog or hamburger bun, bagel, or English muffin  
  • 1 ounce cold cereal  
  • ½ cup cooked pasta, rice, or other grains                                                                                                                                                                                |
| Sweets and snacks                | Choose snacks that are low in fat or are made with unsaturated fat.                                                                                                                                                           |