

Prepared For:		Date:	
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Cardiac-TLC Nutrition Therapy

A plan called Therapeutic Lifestyle Changes (TLC) can help people who have high amounts of cholesterol in their blood.

- Following the TLC plan can help reduce the low-density lipoprotein (LDL) cholesterol (also called “bad” cholesterol) in your blood.
- High-density lipoprotein (HDL) cholesterol (sometimes called “good” cholesterol) helps rid your body of LDL cholesterol.

Keys to TLC

- Limit saturated fats and *trans* fats:
 - Foods high in saturated fats include fatty meat, poultry skin, bacon, sausage, whole milk, cream, and butter.
 - *Trans* fats are found in stick margarine, shortening, some fried foods, and packaged foods made with hydrogenated oils.
 - Instead of butter or stick margarine, try reduced-fat, whipped, or liquid spreads.
- Limit the amount of cholesterol that you eat to less than 200 milligrams (mg) per day.
 - Foods high in cholesterol include egg yolks (one egg yolk has about 184 mg of cholesterol), fatty meat, whole milk, cheese, shrimp, lobster, and crab.
- Eat more omega-3 fats (heart-healthy fats):
 - Good choices include salmon, tuna, mackerel, and sardines. Aim to eat fish twice a week.
 - Other foods with omega-3 fats include walnuts and canola and soybean oils.
 - Flaxseed is another source of omega-3 fats. Have it as flaxseed oil or ground flaxseed.
- Limit the total amount of fat that you eat (including heart-healthy fats) to 25% to 35% of the calories that you eat. If you should eat 2,000 calories per day, your fat intake can be between 50 and 75 grams (g) per day.
- Get 20 to 30 g of dietary fiber per day:
 - Fruits, vegetables, whole grains, and dried beans are good sources of fiber:
 - Aim for 5 cups of fruits and vegetables per day.
 - Have 3 ounces (oz) of whole grain foods every day.
- Plan to eat more plant-based meals, using beans and soy foods for protein.
- Talk with your registered dietitian or doctor about what a healthy weight is for you. Set goals to reach and maintain that weight.
- Talk with your health care team about what types of physical activity are best for you. Plan to get about 30 minutes of exercise on most days.

Foods Recommended

Food Group	Foods Recommended
Grains	Whole grain breads and cereals, including oats and barley Pasta, especially whole wheat or other whole grain types Brown rice Low-fat crackers and pretzels
Vegetables	Fresh, frozen, or canned vegetables without added fat or salt
Fruits	Fresh, frozen, canned, or dried fruit

Milk and Milk Products	Fat-free (skim) or low-fat (1%) milk or buttermilk Nonfat or low-fat yogurt or cottage cheese Fat-free and low-fat cheese
Meat and Other Protein Foods	Lean cuts of beef and pork (loin, leg, round, extra-lean hamburger) Skinless poultry Fish Venison and other wild game Dried beans and peas Nuts and nut butters Meat alternatives made with soy or textured vegetable protein Egg whites or egg substitute Cold cuts made with lean meat or soy protein
Fats and Oils	Unsaturated oils (olive, peanut, soy, sunflower, canola) Soft or liquid margarines and vegetable oil spreads Salad dressings Seeds and nuts Avocado

Foods Not Recommended

Food Group	Foods Not Recommended
Grains	High-fat bakery products, such as doughnuts, biscuits, croissants, danish pastries, pies, cookies Snacks made with partially hydrogenated oils, including chips, cheese puffs, snack mixes, regular crackers, butter-flavored popcorn
Vegetables	Fried vegetables Vegetables prepared with butter, cheese, or cream sauce
Fruits	Fried fruits Fruits served with butter or cream
Milk and Milk Products	Whole milk Reduced-fat (2%) milk Whole milk yogurt or ice cream Cream Half-and-half Cream cheese Sour cream Cheese
Meat and Other Protein Foods	Higher-fat cuts of meats (ribs, T-bone steak, regular hamburger) Bacon Sausage Cold cuts, such as salami or bologna Corned beef Hot dogs Organ meats (liver, brains, sweetbreads) Poultry with skin Fried meat, poultry, and fish Whole eggs and egg yolks
Fats and Oils	Butter Stick margarine Shortening Partially hydrogenated oils Tropical oils (coconut, palm, palm kernel oils)

