



# TLC Diet

The Therapeutic Lifestyle Changes Diet (or TLC Diet) is recommended by the American Heart Association for heart health. This diet limits foods high in sodium, saturated fat, and cholesterol and emphasizes grains, cereals, beans/peas, fruits, vegetables, lean meats, and non-fat dairy products. This guide will help you give your heart a little TLC!

FOOD GROUP	RECOMMENDED SERVINGS/DAY	EAT MORE OF	EAT LESS OF
<b>Lean Meat, Poultry, and Fish</b>	No more than 5 ounces per day	Lean, trimmed cuts of meat, poultry without skin, fish, shellfish	Regular ground meats, fatty cuts, spare ribs, organ meats, fried meats, poultry with skin, regular lunch meats
<b>Eggs</b>	No more than 2 yolks per week	Egg whites, cholesterol-free egg substitute	Egg yolks
<b>Low-Fat Dairy Products</b>	2-3 servings per day	Skim, 1% fat milk, buttermilk, low-fat natural/processed cheese, low-fat coffee creamer, low-fat or fat-free sour cream, low-fat or fat-free frozen yogurt	Whole milk, 2% fat milk, imitation milk, whole milk yogurt, regular cheeses, cream cheese, cottage cheese (4% fat), cream, half & half, whipping cream, non-dairy creamer, whipped topping, sour cream, ice cream
<b>Fats and Oils</b>	No more than 6-8 teaspoons per day	Unsaturated oils (safflower, sunflower, corn, soybean, cottonseed, canola, olive, peanut), Margarine made from unsaturated oils, light margarine, low-fat or fat-free salad dressings, nut butters, cocoa powder	Butter; lard; shortening; bacon fat; hard margarine; dressings made with egg yolk, cheese, sour cream, whole milk; coconut, milk chocolate
<b>Breads and Cereals</b>	At least 6 servings per day	Whole grain bread and cereals; corn or flower tortillas; pasta; rice; crackers; animal crackers; graham crackers; homemade bread goods using unsaturated oil, skim or 1% milk, and egg substitute	Bread in which eggs, fat, and butter are a major ingredient, croissants, most granolas, high-fat crackers, commercial baked pastries, muffins, biscuits
<b>Soups</b>	No recommendations	Low-fat and reduced-sodium varieties, reduced-fat soups made with skim milk	Soups containing whole-milk, cream, meat fat, poultry fat, or poultry skin
<b>Vegetables</b>	3-5 servings per day	Fresh, frozen, or canned, without added fat or sauce	Vegetables fried or prepared with butter, cheese, or cream sauce
<b>Fruits</b>	2-4 servings per day	Fresh, frozen, canned, or dried fruits; fresh, frozen, or canned fruit juices	Fresh fruit or fruit served with butter or cream sauce
<b>Sweets and Desserts</b>	Eat in moderation	Candy made without fat; fruit-flavored gelatin; low-fat and fat-free yogurt; sherbet; sorbet; popsicles; baked goods prepared with egg whites, egg substitute, skim milk, or 1% milk, and unsaturated oil or margarine; fat-free cookies; angel food cake	Candy made with milk chocolate, coconut oil, palm kernel oil, palm oil; ice cream and frozen treats made with ice cream, commercial baked pies, cakes, doughnuts, high-fat cookies, cream pies