

Heart-Healthy Eating with TLC

The Therapeutic Lifestyle Changes (TLC) Diet is a low saturated fat, low cholesterol diet designed to help you lower your LDL cholesterol levels and risk for developing heart disease.

The TLC eating plan is:

- Low in total fat, saturated fat, *trans* fat, and cholesterol
- Rich in whole grains, fruits and vegetables
- Rich in soluble fiber and plant sterols/stanols



What Type of Fat Should You Choose?

It can be confusing- Saturated Fat, Unsaturated Fat, *Trans* Fat. Which one should I choose??

Saturated Fat- Butter, Lard, and Shortening are all saturated fats. These fats are all solid at room temperature. Foods high in saturated fat are fatty meat, poultry with the skin, bacon, sausage, whole milk, butter, cream, and cheese. Saturated fat increases your LDL and total cholesterol and should be limited in your diet.

Trans Fat- Stick margarine, packaged foods, fried foods and baked goods all have "hydrogenated" or "hardened" vegetable oils. *Trans* fat increases your LDL and total cholesterol and should be limited in your diet.

Unsaturated Fat- Vegetable oil, olive oil, and canola oil are all unsaturated fats. These fats are liquid at room temperature. Unsaturated fats are divided up into polyunsaturated fats and monounsaturated fats. They help lower LDL cholesterol and increase your good cholesterol. Watch your serving size. Even though these fats are good they are high in calories.

Heart-Healthy Cooking Methods

- Bake, Broil, Grill—NO DEEP FRYING
- Trim all visible fat from meat before cooking
- Take the skin off chicken and turkey before cooking
- Add extra vegetables to a stir-fry
- Season vegetables with herbs, spices, and low sodium broth instead of added fat
- Use herbs, spices, marinades to flavor meat, poultry, and fish instead of high fat sauces and gravies
- Top salads with low calorie options such as vegetables and fruits
- Refrigerate soups and stews and skim the fat off with a spoon before reheating and serving

In Recipes

- Substitute skim or 1% milk for whole milk
- Substitute sour cream with nonfat yogurt or nonfat sour cream
- Substitute 2 egg whites or 1/4 cup egg beaters for 1 whole egg
- Substitute unsweetened applesauce for oil
- Substitute tofu or beans for a delicious meatless meal
- Use low fat cheese or feta cheese in place of regular cheese

Heart-Healthy Grocery Shopping Tips

- Select cuts of beef and poultry labeled "Loin" or "Round"
- Choose extra lean (93%) ground beef or lean white ground turkey
- Select white meat chicken and turkey
- Choose Skim or 1% milk
- Choose fat free or reduced fat cheeses
- Buy water packed canned tuna or chicken breast
- Buy fresh or frozen fruits and vegetables when possible.
- Buy frozen vegetables plain—NO ADDED SAUCES OR CHEESES.
- Choose low sodium soups made with broth instead of cream soups
- Select low-fat or fat-free salad dressings
- ***REMEMBER WATCH PORTION SIZES—
FAT-FREE DOESN'T MEAN CALORIE FREE
- Shop the perimeter of the store so you won't be tempted to buy candy, chips, or any other foods that are high in calories and fat
- Read labels

Plant Sterols and Stanols

Plant sterols and stanols may help lower your LDL cholesterol. For the most benefit you should eat at least 2 grams of plant sterols and stanols daily.

Sources of Plant Sterols and Stanols

- Substitute margarine with esterified plant sterols and stanols for regular margarine.

Examples: Benecol and Promise Take Control

- Substitute a regular yogurt for a yogurt made with plant sterols

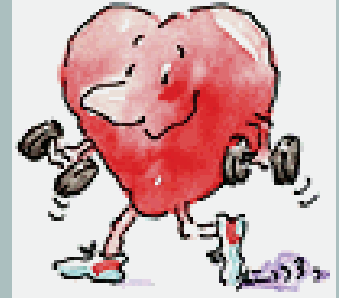
Examples: Promise Super Shots

Soy Protein

Eating at least 25 grams of soy protein a day may help improve heart health.

Adding Soy to Your Daily Diet

- Add tofu to a stir-fry
- Have a soy patty instead of beef hamburger
- Use soy based sausage instead of bacon or regular sausage
- Use soy crumbles in place of ground beef in chili
- Add low fat soy milk to your cereal



Label Reading

- Pay attention to portion sizes
- Choose breads with 2 grams of fiber or more per serving
- Choose cereals with 5 grams of fiber or more per serving
- Choose foods with 3 grams or less total fat per serving
- Choose foods with less than 1 gram of saturated and trans fat combined per serving



Nutrition Facts

Serving Size 2 tbsp (32g)
Servings Per Container 16

Amount Per Serving

Calories 10 **Calories from Fat 0**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 95mg **4%**

Total Carbohydrate 2g **1%**

Dietary Fiber 1g **4%**

Sugars 1g

Protein 0g

Vitamin A 6% • Vitamin C 10%

Calcium 0% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Increasing Soluble Fiber

Soluble fiber is found in whole grains, fruits and vegetables and can help lower your LDL cholesterol.

Tips to Add Soluble Fiber to Your Diet

- Choose a whole grain, high fiber cereal for breakfast
- Enjoy a piece of fruit for a snack
- Switch to whole wheat bread, pasta, and brown rice
- Add extra vegetables to your lunch and dinner meals
- Add extra beans to soup and chili

Omega- 3 Fatty Acids

Eating omega-3 fatty acids may reduce the risk for heart disease.

Sources of Omega-3 fatty acids

- Add flaxseed oil to foods, such as, salads and smoothies
- Eat walnuts as a snack or add to a salad
- Eat fish, such as, salmon, albacore tuna, mackerel twice a week