

TLC Diet for Lowering High Cholesterol



Lowering cholesterol can be as easy as changing the foods that are eaten. If cholesterol levels are too high, a health professional may suggest the Therapeutic Lifestyle Change (TLC) diet. The TLC diet is all about lowering saturated fat and cholesterol.

Making wise choices at the supermarket can be a big step toward lowering cholesterol and improving health. Start by learning what foods lower bad cholesterol (LDL) and what foods boost good cholesterol (HDL).

Foods That Aid in Lowering Bad Cholesterol (LDL):

- Lean red meats. Buffalo is typically leaner than beef.
- Fish. A great source of protein and a brain-booster, eat fish 2 times (or more) each week.
- Olive oil. Choose this healthy oil for cooking rather than butter or lard.
- Whole grain cereals, pasta and rice. Look for products that say "whole grain." Typically, processed "white" versions have fewer nutrients.
- 1% or "fat free" dairy products. Look for low or skim milk, cheeses, sour cream, ice cream, and yogurt.
- Fruits and vegetables. These foods are an excellent source of fiber and nutrients.

Foods to Avoid:

- Fatty red meats
- Organ meats
- Bacon
- Processed foods with trans fats (look on the nutrition label for trans-fat information)
- Butter, lard, and tropical oils such as coconut, palm, or palm-kernel oil

Building a Cholesterol-Lowering Diet

When building a cholesterol-lowering diet, consider foods that contain soluble fiber, soy proteins, whole grains, and plant sterols or stanols.

- **Soluble Fiber:** Adding 5 to 10 grams of soluble fiber per day may help lower bad cholesterol (LDL) by up to 5%. High-fiber foods include: apples, apricots, blueberries, figs, peaches, pears, oranges, strawberries, raisins, lentils, black beans, lima beans, almonds, pistachios, peanuts, cashews, peas, artichokes, Brussels sprouts, turnip greens, potatoes with the skin, corn, popcorn, tomato paste, and carrots.
- **Soy Proteins:** Soy proteins include tofu, soymilk, tempeh, soy burgers, soy sausage, and soy protein powder.
- **Whole Grains:** Whole grains include whole-wheat spaghetti, bran flakes, oatmeal, rye bread, whole wheat bread, and cracked-wheat bread.
- **Plant Sterols or Stanols:** Certain substances found in plants block the absorption of cholesterol. Look for foods such as margarine, yogurt drinks, and orange juice to which sterols or stanols have been added.
- **Healthy Oils:** Use liquid vegetable oils that are high in unsaturated fats. These include olive, corn, peanut, safflower, sesame, soybean and sunflower oil.

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Sample Therapeutic Lifestyle Change Diet:



Breakfast: oatmeal, soymilk and half an apple

Snack: a handful of walnuts

Lunch: salmon and tomato on wheat toast, spring salad

Snack: 8 dried apricot halves

Dinner: stir-fried chicken breast, vegetables, and brown rice

For more information, please see the following websites:

<http://www.mayoclinic.com/health/lowering-cholesterol/CL00014>

<http://www.webmd.com/cholesterol-management/how-you-can-lower-your-levels>