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and lower LDL cholesterol.

**Weight Management** – Following the TLC diet and increasing exercise can result in weight loss

lower LDL in some people.

**Increased Physical Activity** – Regular, moderate and sustained exercise can significantly reduce risk for coronary heart disease. Activity should be in line with overall health status and in accordance with physician recommendations. Among other benefits, exercise can raise HDL, and

low enough to prohibit weight gain.

**The TLC Diet** – This low-saturated fat, low-cholesterol meal plan includes less than 7% of calories from saturated fat and less than 200 mg. of dietary cholesterol daily. Calorie intake should be

**TLC includes:**

The primary target of therapy is reducing elevated LDL cholesterol. When triglycerides are elevated or HDL cholesterol is low, TLC stresses weight reduction and increased physical activity.

Your health care provider will evaluate your LDL cholesterol in conjunction with your other risk factors to determine if TLC is right for you. Other risk factors include cigarette smoking, high blood pressure, low HDL cholesterol, family history of coronary artery disease, and age.

Recommendations released in May 2001 indicate that adults age 20 and older should get a fasting lipoprotein profile every five years. This test measures total cholesterol, LDL (Low Density or "least desirable" lipoprotein), HDL (High Density or "highly desirable" lipoprotein), and triglycerides.

## How Do I Know If TLC Is Right For Me?



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## Lower Your Cholesterol with TLC!

Your doctor may recommend TLC—a program of diet and exercise—to reduce your risk of heart disease. TLC means Therapeutic Lifestyle Changes.

### How to Implement the TLC Plan - Therapeutic Lifestyle Changes:

**The TLC Diet.** Eat only enough calories to maintain desirable weight and avoid weight gain. See the Daily Food Guide inside. Emphasize foods low in cholesterol and saturated fat, and foods high in soluble fiber. Good sources of soluble fiber include oats, certain fruits such as oranges and pears, vegetables like brussels sprouts and carrots, and dried peas and beans.

**Increased Physical Activity.** Most people are encouraged to participate in moderate physical activity. Make physical activity part of daily routines, such as walking or stair climbing. Also, consider recreational activities that require increased physical activity. Check with your physician to see what level of exercise is right for you. You may be referred to an exercise specialist who can provide guidance for a healthy exercise program.

**Weight Management.** Losing weight is *especially* important for those who are overweight with a large waist measurement (more than 40" for men and 35" for women) or with a cluster of other risk factors that includes high triglyceride and/or low HDL levels.

**TLC Diet**  
**Daily Food Guide Food Groups**

Food Group	Number of Servings	Serving Size	Tips
<b>Lean meat, poultry, fish and dry beans</b>	5 ounces or less of meat, poultry or fish per day (leanest cuts only)  A serving of dry peas, beans, or tofu can be substituted for an ounce of meat, poultry or fish.	<ul style="list-style-type: none"> <li>• 5 ounces maximum per day lean meat, poultry or fish</li> <li>• 1/2 cup cooked dry peas or beans</li> <li>• 1/2 cup tofu</li> </ul>	<ul style="list-style-type: none"> <li>• Some fish, like cod, have less saturated fat than either chicken or meat.</li> <li>• You can buy chicken and turkey pieces with the skin already removed.</li> <li>• Remember, white meat always contains less saturated fat than dark meat.</li> <li>• Limit daily meat servings to the size of 2 decks of cards.</li> <li>• Try adding a half cup of cooked beans to pasta, soups, casseroles, and vegetable dishes.</li> </ul>
<b>Eggs</b>	Not more than 4 yolks per week	<ul style="list-style-type: none"> <li>• 2 egg whites are equal to one whole egg</li> <li>• Unlimited egg whites or egg substitutes</li> </ul>	<ul style="list-style-type: none"> <li>• Includes the egg yolks in baked goods and processed foods. Check the label.</li> </ul>
<b>Low fat milk, yogurt and cheese</b>	2-3 servings	<ul style="list-style-type: none"> <li>• 1 cup fat-free or 1 percent milk</li> <li>• 1 cup nonfat or low fat yogurt</li> <li>• 1 ounce low fat or fat-free cheese</li> </ul>	<ul style="list-style-type: none"> <li>• Some cheeses are high in saturated fat and cholesterol, so choose carefully.</li> <li>• Low fat cheese has 3 grams of fat or less per ounce.</li> </ul>
<b>Fats and oils</b>	Up to 6 or 8 servings Includes fats and oils used in food preparation.  A serving of salad dressing or nuts can be substituted for one serving of fats.	<ul style="list-style-type: none"> <li>• 1 teaspoon soft margarine or vegetable oil</li> <li>• 1 Tablespoon salad dressing</li> <li>• 1 ounce nuts</li> </ul>	<ul style="list-style-type: none"> <li>• Emphasize canola, corn, olive, peanut, safflower, sesame, soybean and sunflower oils, which are high in unsaturated fats.</li> <li>• Choose a reduced fat or nonfat salad dressing or mayonnaise.</li> <li>• Hold the high fat sauces, like butter, cream, cheese and white sauces.</li> </ul>
<b>Fruits</b>	2 - 4 servings	<ul style="list-style-type: none"> <li>• 1 medium piece of fruit</li> <li>• 1/2 cup diced fruit</li> <li>• 3/4 cup fruit juice</li> </ul>	<ul style="list-style-type: none"> <li>• Use fruits as snacks, desserts, salads, side and main dishes.</li> <li>• Display fruit in a bowl to make it easier to grab as a snack.</li> </ul>
<b>Vegetables</b>	3 - 5 servings	<ul style="list-style-type: none"> <li>• 1 cup leafy or raw</li> <li>• 1/2 cup cooked</li> <li>• 3/4 cup juice</li> </ul>	<ul style="list-style-type: none"> <li>• Add a variety of vegetables to soups, casseroles, stews and pasta dishes.</li> </ul>
<b>Breads, cereals, pasta, rice and other grains</b>	6 - 11 servings  Less active and overweight people should limit servings to the lower end of the range.	<ul style="list-style-type: none"> <li>• 1 slice bread</li> <li>• 1/2 bun, bagel or small muffin</li> <li>• 1 ounce dry cereal</li> <li>• 1/2 cup cooked cereal, potatoes, pasta, rice or other grains</li> </ul>	<ul style="list-style-type: none"> <li>• Choose whole grain breads and cereals. Check the label and choose high fiber varieties.</li> <li>• Be aware that some cereals, like granola and muesli, have added fat. Check the label.</li> </ul>
<b>Sweets and snacks</b>	Now and then		<ul style="list-style-type: none"> <li>• Some low fat sweets and snacks to use now and then include: angel food cake, frozen nonfat yogurt, graham crackers and puddings made with fat free milk.</li> </ul>