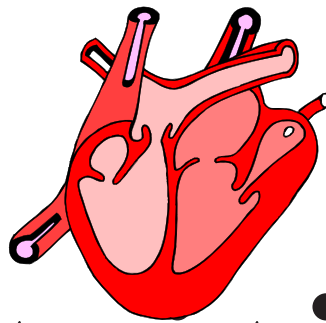


Cardiac

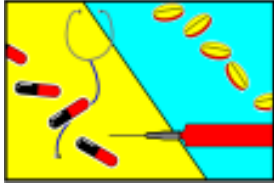
Nutrition



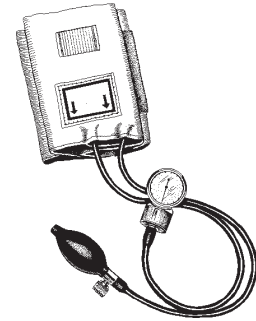
“The TLC Diet”



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updated 3/07



TLC Diet



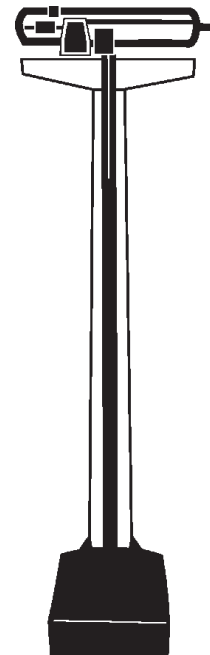
*TLC- Therapeutic Life-style Changes.

*Therapeutic Life-style Changes- 1 program designed by the NCEP (National Cholesterol Education Program) to improve heart disease risk and prevent further heart disease.

*Diet - is for those with a high risk of heart disease (family history, multiple risk factors, etc...) and for those who already have heart disease diagnosed. It includes the diet, exercise modifications, weight control, blood pressure control and smoking habits.

*Handouts- will look at the TLC diet and how to change your diet to decrease your risk of developing or having further heart attacks.

*Diet- is easy, fun, and healthy for anyone to use.



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Heart Healthy Meals

*Cooking Methods- Broil, Boil, Bake, Roast, Stew, Grill, or Stir-Fry.



*Oil- nonstick cooking spray, a small amount of vegetable oil.

Margarines- with vegetable oil as the first ingredient on the food label, in cooking use regular soft margarine. **Salad Dressings**- use Lite or Fat Free or Vinegar with Spices.



*Soups and Stews- Cook several hours, chill and remove fat.

*Spices- AVOID SALT. Use basil, garlic powder, herbs, spices and fresh vegetables as Vidalia Onions, bell peppers, garlic, chives, parsley, mushrooms, water chestnuts, tomatoes, etc..



*Dairy (Milk, Cream, & Sour Cream)- Low Fat, 1%, fat Free; add lemon juice, yogurt, unsalted cottage cheese, to make sauces, gravies, dips, salads, casseroles or combination foods.

*Meats- Poultry- skinless, white meat. **Pork**- white meat as lean center cut pork chops, fresh ham. **Beef**- lean cuts only. Remove visible fat on all meats. **Eggs**- use Egg Whites or Egg Substitute.

*Breads/Desserts- use 1-2 T. of fat per 1 cup of plain flour. Use 1/2 cup ripe bananas or applesauce for 1/2 cup oil or butter. Use 3 T. cocoa instead of 1 ounce baking chocolate or 1 T. oil.



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Restaurants



*Chinese- select jum (poached), kow (roasted), shu (barbecued), steamed rice, no MSG (monosodium glutamate).

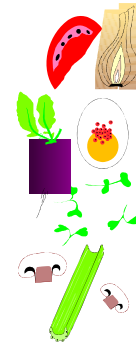
*Italian- red sauces, lightly sauteed, grilled, sun-dried tomatoes, crushed tomatoes, primavera (no cream), piccata (Lemon).

*Mexican- rice and black beans, spicy chicken, soft corn tortillas, picante, salsa.



*Pizza- ask for 1/2 or less of the cheese, add vegetables instead of meats & cheese.

*Fast Food Restaurants- grilled chicken or fish sandwiches (no breading), salads.



-Entrees- no butter, sauces, cheese, use a lower fat sauce.

-Salads- salad dressing to the side

-Meats- small portion-broiled, boiled, baked, roasted, stewed, grilled, stir-fried.

-Vegetables- fill up on steamed vegetables, **AVOID- salads with toppings as eggs, bacon**, salad dressing (use a Lite or Fat Free Dressing) vegetables with sauces, cheese, casseroles, ask for soft margarine and not butter.

*Catered/Social Events- take a low fat food or appetizer that you can eat, eat smaller servings of the higher calorie/fat foods, eat before you go and keep busy talking and not eating. Eat fresh vegetables, fruits and baked or steamed meats.





Good Nutrition



Healthy and Unhealthy Eating Habits

Healthy with Benefits:

Fresh Fruits- vitamins, minerals, fiber, antioxidants, reduce cancer risk



Fresh Vegetables- vitamins, minerals, fiber, antioxidants, folate, Vitamin A & C, potassium (helps body regulate fluids, helps muscles work.

Whole Grain Breads- high fiber, lower blood sugar, bowel movements.

Skim Milk- less calories, high Calcium.

Water- helps body stay cool, drink more when exercising; helps prevent dehydration, UTI/urinary tract infection.



Canola/Olive/Peanut Oil-monounsaturated fat, raises HDL-High Density Lipoprotein.

Fat Free Yogurt, Sorbets, Low Fat Ice Cream- lower fat/calories.



High Fiber	≥ 5 gm
Low Sodium	≤ 140 mg
Low Calorie	≤ 40 Calories
Lite/Light	50% less fat, 1/3 fewer calories
Low Fat	≤ 3 gm of Fat
Low Cholesterol	≤ 20 mg of Chol., ≤ 2 gm Sat. Fat

Unhealthy with Problems:

Colas- high/empty calorie, weight gain, dental caries/tooth decay/cavities.

Fried Vegetables- high calorie/fat, weight gain, obesity, heart problems, high blood pressure, gallbladder problems, cancer.

White Breads- raise blood sugar, weight gain.



Whole Milk- high calorie, high Calcium

Tea- decreases iron absorption from foods, can cause anemia, caffeine-diuretic/depletes calcium/raises blood pressure.



Butter or Shortening- raise cholesterol, saturated fat, causes heart problems.

Ice Cream- raise cholesterol, saturated fat, causes heart problems, obesity.

Grocery/Home/Food Safety-:

- Place all meats in a plastic bag
- Observe "Sell By" Date
- AVOID**- opened packs, damaged cans, uncracked eggs, raw fish, uncooked dough
- Buy Pasteurized dairy products
- Store Eggs/Meats on bottom shelf



Diet Plan:

Low Fiber, High Fat
High Fat/Cholesterol
High Sodium
Low Calcium
Low Fiber
High Calorie

Risk:

Cancer
Heart Disease
High Blood Pressure
Osteoporosis
Hemorrhoids
Malnutrition

Prevention:

High Fiber/Fluids, Low Fat
High Fiber/Fluids, Low Fat
Low Sodium
High Calcium/Fiber, Vitamin A, C
High Fiber/Fluids
Well Balanced Meals/Snacks



Obesity/Overeating- can cause diabetes, high cholesterol, high blood pressure, heart disease, gallbladder disease, cancer, kidney damage



Good Nutrition



Healthy and Unhealthy Eating Habits

Healthy:

Cheese- Reduced Calorie, Low Calorie, Fat Free Cheese .

Noodles- Whole Grain, Marinara or Red Sauce, Primavera (with Vegetables).

Soups- Low Sodium/Fat Broth based.

Starches- Bran flakes, crispy rice cereals, cooked oatmeal, Couscous, Barley, Bulgur, Reduced-Fat Granola.

Gravy- homemade with fat skimmed off , fat free milk or water.

Sandwiches- Lettuce, Tomato, Cucumber.

Dips- Low Sodium Salsa, Pico de Gallo.

Low Fat Meats- Cold Cuts, Luncheon Meats, (95-97% Fat-Free) Processed Meats, Hotdogs, Canadian Bacon, Lean Ham, Extra Lean Ground Beef-ground round or ground turkey; Beef-round, loin, trim all fat, Poultry-no skin, Fish, Shellfish, Game, Meats- ≤ 1 Gm./Fat/per oz.

Sweets- English muffins, bagels, reduced fat or fat free- muffins, scones, crackers with unsalted top, angel food cake, gingerbread, graham crackers, gingersnaps, fig bars, sorbet, sherbet, frozen yogurt, use 3 T. cocoa & not 1 oz., 2 T. fat for each cup of flour in cakes and soft drop cookies.

Vegetables- Steamed in water with unsalted seasonings as bay leaves, basil, Vidalia Onions, peppers, fresh tomatoes, parsley, chives, marjoram, garlic, sage, rosemary, etc...

Unhealthy:

Cheese- American, Cheddar, Jack Cheese, Swiss.

Noodles- Ramen, Alfredo, White Sauce, Cheese Sauce.

Soups- Cream based.

Starches- Granola, Casseroles, Starches with a Cheese or Cream Sauce, with Butter/Oil/Meats/Lard/Bacon added.

Gravy- made with fat/bacon/meat/milk/cheese/butter/lard/shortening.

Sandwiches- Avocado, Pimento Cheese

Dips- Guacamole, Refried Beans, Cheese.

Meats- Bologna, Salami, Luncheon Meats and Cold Cuts, Hotdogs, Bacon, Sausage, regular Ground Beef, Beef-chuck, rib, brisket; Sausage, Pork-spareribs, ground pork, pork sausage, Cheese-American Cheddar, Monterey Jack, Swiss; Pimento Loaf, Peanut Butter.

Sweets- donuts, sweet rolls, muffins, pastries, scones, party crackers, pound cake, cookies, pies, nuts, ice cream, candy bars, cake with icing, chocolate covered foods, fruit cake, nut breads, coffee cakes, cheesecake, squares, brownies, puddings, shortbread, cobblers, dumplings.

Vegetables- in casseroles, with a sauce, cheese, creamed soups, butter, cream cheese, sour cream, whole milk, cream, gravies, salad dressing, oils, mayonnaise, sugar, cream cheese, coconut, bacon, etc...