TLC Diet Food List

TLC DIET FOOD LIST

Instruction: Feel free to customize and expand this list based on preferences, dietary needs, and what's accessible.

Fruits: Apples, Berries (Strawberries, Blueberries, Raspberries), Citrus fruits (Oranges, Grapefruits), Bananas, Melons (Watermelon, Cantaloupe), Grapes

Whole Grains: Oats, Brown rice, Quinoa, Whole grain bread, Whole grain pasta

Foods to Limit or Avoid: The TLC diet recommends limiting or avoiding the following foods: Saturated and unhealthy fats, such as butter, lard, and full-fat dairy products; Cholesterol, such as eggs and organ meats; Sodium, such as processed foods and table salt; Added sugars, such as candy, soda, and sweet pastries

TLC DIET FOOD CONSUMPTION TRACKER

Instruction: Develop suggested portion sizes for various food types that could be part of the diet.

Portion Sizes (servings):

Fruits Type 1: _____
Fruits Serving Size 1: _____
Fruits Type 2: _____
Fruits Serving Size 2: _____
Fruits Type 3: _____
Fruits Serving Size 3: _____
Fruits Type 4: _____
Fruits Serving Size 4: _____
Fruits Type 5: _____
Fruits Serving Size 5: _____
Vegetables Type 1: _____
Vegetables Serving Size 1: _____
Vegetables Type 2: _____
Vegetables Serving Size 2: _____
Vegetables Type 3: _____
Vegetables Serving Size 3: _____
Vegetables Type 4: _____
Vegetables Serving Size 4: _____
Vegetables Type 5: _____
Vegetables Serving Size 5: _____
Whole Grains Type 1: _____
Whole Grains Serving Size 1: _____
Whole Grains Type 2: _____
Whole Grains Serving Size 2: _____
Whole Grains Type 3: _____
Whole Grains Serving Size 3: _____
Whole Grains Type 4: _____
Whole Grains Serving Size 4: _____
Whole Grains Type 5: _____
Whole Grains Serving Size 5: _____
Lean Proteins Type 1: _____
Lean Proteins Serving Size 1: _____
Lean Proteins Type 2: _____
Lean Proteins Serving Size 2: _____
Lean Proteins Type 3: _____
Lean Proteins Serving Size 3: _____
Lean Proteins Type 4: _____
Lean Proteins Serving Size 4: _____
Lean Proteins Type 5: _____
Lean Proteins Serving Size 5: _____
Low-Fat Dairy Type 1: _____
Low-Fat Dairy Serving Size 1: _____
Low-Fat Dairy Type 2: _____
Low-Fat Dairy Serving Size 2: _____
Low-Fat Dairy Type 3: _____
Low-Fat Dairy Serving Size 3: _____
Low-Fat Dairy Type 4: _____
Low-Fat Dairy Serving Size 4: _____
Low-Fat Dairy Type 5: _____
Low-Fat Dairy Serving Size 5: _____
Healthy Fats Type 1: _____
Healthy Fats Serving Size 1: _____
Healthy Fats Type 2: _____
Healthy Fats Serving Size 2: _____

Healthy Fats Type 3: _____ Healthy Fats Serving Size 3: _____

Healthy Fats Type 4: _____ Healthy Fats Serving Size 4: _____

Healthy Fats Type 5: _____ Healthy Fats Serving Size 5: _____

Review and Adjustments