

TLC Diet Food List

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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