

Control your heart risk: Therapeutic Lifestyle Changes (TLC)

TLC is

- Eating heart smart
- Exercising regularly
- Limiting alcoholic beverages
- Living tobacco free
- Maintaining a healthy weight
- Taking medication as directed.

A heart smart diet includes...

- at least 3 servings of vegetables and 2 servings of fruits daily.
- at least 2 serving of reduced fat dairy, or soy products daily.
- 2 servings of a “good” fat daily.
- 6 to 11 servings of grain daily, including 2 whole grains: breads, cereals, pasta, or rice
- 2 or fewer servings a day of a lean meat, poultry, fish, soy protein, or dried cooked beans, lentil or peas
- 3 to 5 servings a week of nuts or seeds.
- 2 servings a week of fish, flax seed, walnuts or soy products.
- 2 or fewer servings a week of “bad fats” including saturated, hydrogenated, partially hydrogenated, and trans-fatty acids, fatty meats, whole milk cheese, ice-cream, deep fried or French fried foods, prepared or convenience foods or junk foods.

Limit alcohol to

- 1 serving or less a day for women
- 2 servings or less a day for men



Regular physical activity

At least 30 minutes of a moderate activity most days of the week.



- Choose an activity that you enjoy, like walking, biking, swimming, dancing, or gardening.
- Look for ways to be more active in your daily life. Use the stairs instead of the elevator. Park your car farther away.

Maintain a normal body weight

Are you overweight or obese? Lose just 5 to 10 pound to lower your cholesterol, your blood pressure, and your risk of heart disease and diabetes.

Avoid tobacco

Tobacco cessation is an important step to improving your heart health if you smoke or if you chew. Avoid second hand smoke!

Take medications exactly as directed. Talk with your Doctor. Ask questions about your cholesterol and any cholesterol lowering medications you might need.