

# TLC Diet Food List

Patient's name:	Age:
Gender:	Date:
Medical history (if needed):	
<b>General foods to limit or avoid</b>	
<ul style="list-style-type: none"><li>• Foods with saturated and unhealthy fats such as butter, lard, and full-fat dairy products</li><li>• Foods rich in cholesterol, such as eggs and organ meats</li><li>• Foods high in sodium such as processed foods and table salt</li><li>• Foods with added sugars such as candy, soda, and sweet pastries</li></ul>	
<b>Foods to include in diet</b>	
<b>Fruits</b>	<b>Vegetables</b>
<ul style="list-style-type: none"><li>• Apples</li><li>• Berries (strawberries, blueberries, raspberries)</li><li>• Citrus fruits (oranges, grapefruits, etc.)</li><li>• Bananas</li><li>• Melons (watermelon, cantaloupe)</li><li>• Grapes</li><li>• Others:</li></ul>	<ul style="list-style-type: none"><li>• Leafy greens (spinach, kale, swiss chard)</li><li>• Cruciferous vegetables (broccoli, cauliflower)</li><li>• Carrots</li><li>• Bell peppers</li><li>• Tomatoes</li><li>• Onions</li><li>• Others:</li></ul>
Recommendations based on preferences, dietary needs, and accessibility:	Recommendations based on preferences, dietary needs, and accessibility:

<b>Whole grains</b>	<b>Lean proteins</b>
<ul style="list-style-type: none"> <li>• Oats</li> <li>• Brown rice</li> <li>• Quinoa</li> <li>• Whole grain bread</li> <li>• Whole grain pasta</li> <li>• Others:</li> </ul>	<ul style="list-style-type: none"> <li>• Skinless poultry (chicken, turkey)</li> <li>• Fish (salmon, tuna)</li> <li>• Legumes (beans, lentils)</li> <li>• Others:</li> </ul>
Recommendations based on preferences, dietary needs, and accessibility:	Recommendations based on preferences, dietary needs, and accessibility:
<b>Low-fat dairy</b>	<b>Healthy fats</b>
<ul style="list-style-type: none"> <li>• Greek yogurt</li> <li>• Skim milk</li> <li>• Cottage cheese</li> <li>• Others:</li> </ul>	<ul style="list-style-type: none"> <li>• Avocado</li> <li>• Nuts (almonds, walnuts)</li> <li>• Olive oil</li> <li>• Others:</li> </ul>
Recommendations based on preferences, dietary needs, and accessibility:	Recommendations based on preferences, dietary needs, and accessibility:
<b>Additional notes</b>	