

Menu proposal for employees
suffering from

Hypercholesterolemia



for life

The TLC Diet

(Therapeutic Lifestyle Changes Diet)

Main Goal

For people suffering from hypercholesterolemia the main goal is to lower the level of LDL and triglycerides (bad cholesterol) and increase the level of HDL (good cholesterol) in the blood stream. Through a sensible diet it is possible to change this ratio to avoid further damage on the cardiovascular system. This suggested diet promotes a healthy varied diet focused on reducing the intake of saturated fat and cholesterol, and to increase the intake of soluble fibers and plant sterols.

Where is the Cholesterol and Saturated Fat?

We need cholesterol to function properly, and the body naturally produces cholesterol, so you do not need to get it through your diet. Saturated fat and cholesterol is mostly found in animal products like meat, egg yolks, butter, cheese and other milk products. NOTE: Transfatty acid is just as bad as saturated fat and cholesterol, so avoid food that contains transfatty acids (most processed and fast food). If you need to buy processed food read the nutritional label and avoid food that contains "trans fat", "partially-hydrogenated vegetable oils", "hydrogenated vegetable oils" or "shortening".

Where are the Soluble Fibers and Plant Sterols?

Soluble fibers and plant sterols are found in all kinds of vegetables, fruits, nuts, seeds, cereals and legumes. These compounds help to lower the level of LDL in the blood and thereby decrease the risk of developing cardiovascular problems.

General Food Groups in the TLC Diet

<i>Vegetables & Fruits</i>	<i>Nuts, seeds and legumes</i>	<i>Fat free/ low fat products</i>	<i>Lean meat, fish and poultry</i>	<i>Vegetable oils</i>
All kinds	All kinds	Milk Yoghurt Cheese	Fish Chicken Turkey Egg whites Pork Beef	Corn Olive Peanut Safflower Sesame Soybean Sunflower

Menu Proposal

A healthy diet is based on fresh cooked food in the right combination of the major food groups, as pictured below:



The main meals should be divided as; $\frac{1}{2}$ plate with vegetables, $\frac{1}{4}$ plate with whole grain products (e.g. bread, pasta, rice etc.), and $\frac{1}{4}$ plate with protein products (e.g. fish, poultry, legumes etc.). In between the main meals, fruits are a good source of energy, vitamins and minerals.

Ideas for Lunch

Chicken Salad

- 3 $\frac{1}{4}$ cups chicken breast, cooked, cubed, and skinless
- $\frac{1}{4}$ cup celery, chopped
- 1 Tbsp lemon juice
- $\frac{1}{2}$ Tsp onion powder
- $\frac{1}{8}$ Tsp salt (can be omitted)
- 3 Tbsp mayonnaise, low-fat

1. Bake chicken, cut into cubes, and refrigerate.
2. In a large bowl combine rest of ingredients, add chilled chicken and mix well.

Chicken Sandwich

- $\frac{3}{4}$ Cup Chicken Salad
- 2 Slices whole wheat bread
- 1 Tbsp regular mustard

1. Spread mustard on the bread and put the Chicken Salad in between the two slices of bread. Serve with Green Salad (see below).

Green Salad

- ½ Cup fresh cucumber slices
- ½ Cup tomato wedges
- 1 Tbsp sunflower seeds
- 1 Tbsp Italian dressing, low calorie

1. Mix the ingredients together and add dressing before eating.

Omelet with Vegetables

- 3 Egg whites
- 1 Egg yolk
- 1/8 Tsp salt
- ¼ Tsp black pepper
- 1 Tsp vegetable oil
- 100 g mixed fresh vegetables and herbs (e.g. tomato, cucumber, mushroom, potato, sprouts, broccoli etc.)

1. Mix egg whites and yolk with salt and pepper and fry it on a pan in the vegetable oil.
2. After a few minutes, put the vegetables on the egg mass and fold it around the vegetables.
3. Serve with [Green Salad](#) (see above)

Turkey Breast Sandwich

- 85 g chicken breast, skinless
- 2 Slices whole wheat bread
- 1 Slice natural Swiss cheese, low sodium
- 1 Large leaf Romaine lettuce
- 2 Slices tomato
- 2 Tsp mayonnaise, low fat
- 1 Tbsp regular mustard

1. Put all the ingredients in between the two slices of bread.
2. Serve with 1 cup steamed broccoli.

Tuna Sandwich

- ½ Cup tuna, drained, rinsed
- 1 Tbsp mayonnaise, low fat
- 1 Large leaf Romaine lettuce
- 2 Slices tomato
- 2 Slices whole wheat bread

1. Put all the ingredients in between the two slices of bread.
2. Serve with 1 cup [New Potato Salad](#) (see below)

New Potato Salad

- 16 Small new potatoes
- 2 Tbsp olive oil
- ¼ Cup green onions
- ¼ Tsp black pepper
- 1 Tsp dill weed, dried

1. Thoroughly clean potatoes with vegetable brush and water.
2. Boil potatoes for 20 minutes or until tender.
3. Drain and cool potatoes for 20 minutes.
4. Cut potatoes into quarters and mix with olive oil, onions, and spices.
5. Refrigerate until ready to serve.

Tuna Salad

- 2 Cans tuna, water pack
- ½ Cup raw celery, chopped
- 1/3 Cup green onions, chopped
- 6 ½ Tbsp mayonnaise, low-fat

1. Rinse and drain tuna for 5 minutes. Break apart with a fork.
2. Add celery, onion, and mayonnaise and mix well.

Tuna Salad Sandwich

- ½ Cup [Tuna Salad](#) (see above)
- 1 Large leaf Romaine lettuce
- 2 Slices tomato
- 2 Slices whole wheat bread

1. Add lettuce, tuna salad and tomato in between the two slices of bread.

Ideas for Snacking

It is a good idea for a steady energy flow throughout the day, to have a healthy snack in between the main meals.

Everyday snacks can be:

- Fresh fruit; either 1 piece of fruit (apple, pear, orange, apricot etc.) or 1 cup of fresh fruit salad
- 50-100g of fresh vegetables; tomatoes, carrots, peppers, cucumbers etc.
- ½ - 1 cup fat-free yoghurt, no sugar added
- 1/3 cup almonds, unsalted

Occasionally snacks can be:

- ¼ cup dried fruit (raisins, apricot, figs etc.)
- 1-2 pieces whole grain crackers/crisps, unsalted

Sustainability

Healthy eating is only one part of changing the LDL:HDL ratio. Physical activity is another part. When you exercise you help your body to increase the level of HDL ("good" cholesterol), and thereby change the LDL:HDL ratio in the blood stream. Try to exercise moderate activity at least 30 minutes per day (e.g. walk, bike, run) – it can be in small bouts of 5-10 minutes at a time.