

REDUCE SALT INTAKE

USE SPICES & HERBS INSTEAD

- Bay Leaf
- Basil
- Cilantro
- Ginger
- Oregano
- Curry Powder
- Cinnamon
- Mint
- Rosemary
- Lemon Juice
- Paprika

Salty Local Foods TO LIMIT

- Manapua
- Chow Mein
- Kalua Pork
- Saimin
- Spam
- Sauces and Condiments



Therapeutic Lifestyle Changes

The Therapeutic Lifestyle Changes (TLC) Diet is a lifestyle approach that adopts a heart-healthy eating plan—one that's low in saturated fat, trans fat, and cholesterol.

CHOOSE MORE

- **Fiber:** fruits, vegetables, whole grains, dried beans
- **Omega-3 Fats:** fatty fish such as salmon, walnuts, flaxseeds, canola oil
- **Plant-based meals,** using beans and soy foods for protein
- **Fat-Free/Low-Fat** milk products and/or **milk alternatives** such as almond milk, rice milk, and oat milk
- **Lean Protein:** fish, skinless poultry, lean cuts of beef or pork



CHOOSE LESS

- **Saturated fats:** fatty meat, poultry skin, bacon, sausage, whole milk, cream, butter, lard, vegetable oils (coconut oil, palm oil)
- **Trans fats:** stick margarine, shortening, fried foods, packaged foods made with hydrogenated oils
- **Cholesterol:** egg yolks, shrimp, whole milk, dairy products including butter, cream, and cheese