

The National Cholesterol Education Program Adult Treatment Panel III Therapeutic Lifestyle Changes (TLC) for People with Elevated Cholesterol

<u>Component</u>	<u>Recommendation</u>
LDL-raising nutrients*	
<ul style="list-style-type: none"> • Saturated fat • Dietary cholesterol 	<p>Less than 7% of total calories Less than 200 mg/day</p>
Therapeutic option for LDL-lowering	
<ul style="list-style-type: none"> • Plant sterols/stanols • Increase viscous (soluble) fiber[†] 	<p>2 g/day 10-25 g/day</p>
Total calories (energy)	Adjust total calorie intake to achieve and maintain desirable body weight/prevent weight gain.
Physical Activity	Include enough moderate exercise to expend at least 200 kcal per day.

*Trans fatty acids are another LDL-raising fat that should be kept at a low intake.

[†]Includes both soluble and insoluble fiber according to the Institutes of Medicine for prevention of Coronary Heart Disease. *National Cholesterol Education Program Adult Treatment Panel III Final Report, Table V.2-1, page V-4, <http://www.nhlbi.nih.gov/guidelines/cholesterol/atp3full.pdf>.*

Approximate and Cumulative LDL-Cholesterol Reduction Achievable by Dietary Modifications*

Dietary Component	Dietary Change	Approximate LDL Reduction
Major		
Saturated fat	<7% of calories	8-10%
Dietary Cholesterol	<200 mg/day	3-5%
Weight Reduction	Lose 10 lbs	5-8%
Other LDL Reducing Options		
Viscous Fiber (Soluble)	5-10 g/day	3-5%
Plant sterol/stanols esters	2 g/day	6-15%
Cumulative Estimate		20-30%

* Reference: Jenkins et al *Curr Opin Lipidol* 2000.