

# The TLC Diet: Foods You Can and Can't Eat While on the Diet

Here's the complete list of all the approved foods you can eat and can't eat on the TLC Diet.



## APPROVED FOODS TO EAT ON THE TLC DIET

### VEGETABLES (high-fiber vegetables)

- ☐ Artichokes
- ☐ Acorn squash
- ☐ Beets
- ☐ Broccoli
- ☐ Brussel sprouts
- ☐ Butternut squash
- ☐ Cabbage
- ☐ Carrots
- ☐ Cauliflower
- ☐ Celery
- ☐ Collard greens
- ☐ Eggplant
- ☐ Green beans
- ☐ Green peppers

- ☐ Kale
- ☐ Lima beans
- ☐ Leeks
- ☐ Lettuce
- ☐ Okra
- ☐ Parsnips
- ☐ Potatoes
- ☐ Spinach
- ☐ Sweet corn
- ☐ Turnips
- ☐ Tomatoes
- ☐ White button mushrooms
- ☐ Zucchini

## FRUITS

- ☐ Apples
- ☐ Avocados
- ☐ Bananas
- ☐ Coconuts
- ☐ Oranges
- ☐ Pears
- ☐ Strawberries
- ☐ Raspberries
- ☐ Tropical fruits

## LEAN MEATS

- ☐ Lean red meat
- ☐ Fish and seafood
- ☐ Skinless chicken and turkey

## BREADS AND GRAINS

- ☐ Barly

- ☐ Brown rice
- ☐ Bulgur wheat
- ☐ High-fiber cereals
- ☐ Oats
- ☐ Quinoa
- ☐ Whole-grain breads
- ☐ Wild rice

## NUTS AND SEEDS

- ☐ Almonds
- ☐ Chia seeds
- ☐ Dark chocolate (70% or higher)
- ☐ Peanuts
- ☐ Pecans
- ☐ Pistachios
- ☐ Popcorn
- ☐ Pumpkin seeds
- ☐ Sunflower seeds
- ☐ Walnuts

## BEANS AND LENTILS

- ☐ Chickpeas
- ☐ Baked beans
- ☐ Black beans
- ☐ Garbanzo beans
- ☐ Kidney beans
- ☐ Lentils
- ☐ Lima beans
- ☐ Navy beans
- ☐ Peas
- ☐ Pinto beans
- ☐ Split peas

- ☐ Soybeans (edamame)

## Low-fat Dairy

- ☐ Low-fat milk
- ☐ Cottage cheese (low-fat)
- ☐ Cheeses (low in fat)
- ☐ Greek yogurt
- ☐ Skim milk
- ☐ Sorbet

## FOODS NOT TO EAT ON THE TLC DIET

- ☐ Egg yolks
- ☐ Full-fat dairy products: Milk, yogurt, cheeses, butter
- ☐ Fried foods: French fries, donuts, fried chicken
- ☐ Poultry with skin: Turkey, chicken
- ☐ Processed meat: Bacon, sausage, hot dogs
- ☐ Processed foods: Baked goods, sweets, cookies, potato chips
- ☐ Red meat: Fatty cuts of beef, pork, lamb

## WHAT TO DRINK ON THE TLC DIET

- ☐ Coffee
- ☐ Limited alcohol to one drink per day
- ☐ Limited sodas and sugary drinks
- ☐ Teas
- ☐ Water

## WHAT NOT TO DRINK ON THE TLC DIET

- ☐ Alcohols and sugary cocktails
- ☐ Sodas
- ☐ Sugary drinks