

Table 9C. ATP III: Nutritional Components of the TLC Diet

Nutrient	Recommended Intake
Saturated fat*	<7% of total calories
Polyunsaturated fat	Up to 10% of total calories
Monounsaturated fat	Up to 20% of total calories
Total fat	25%–35% of total calories
Carbohydrate (esp. complex carbs)	50%–60% of total calories
Fiber	20–30 g/d
Protein	~15% of total calories
Cholesterol	<200 mg/d

**Trans* fatty acids also raise LDL-C and should be kept at a low intake.

Note: Regarding total calories, balance energy intake, and expenditure to maintain desirable body weight.

Third Report of the Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults (Adult Treatment Panel III). Bethesda, Md: National Institutes of Health, National Heart, Lung, and Blood Institute; 2001. NIH Publication 01-3095.