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

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