



*Book Supplement*

**Nutrient Composition of the Therapeutic Lifestyle Change Diet**

<b>Nutrient</b>	<b>Recommended Intake</b>
Saturated fat	Less than 7% of total calories
Polyunsaturated fat	Up to 10% of total calories
Monounsaturated fat	Up to 20% of total calories
Total fat	25% to 35% of total calories
Cholesterol	Less than 200 mg/d
Carbohydrate	50% to 60% of total calories
Fiber	20 to 30 g/d
Protein	Approximately 15% of total calories
Plant stanols/sterols	2 g/d
Total calories	Balance intake and expenditure to avoid weight gain

Adapted from National Cholesterol Education Program: Third Report of the Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults (Adult Treatment Panel III) Executive Summary: accessed at [http://www.nhlbi.nih.gov/guidelines/cholesterol/atp\\_iii.htm](http://www.nhlbi.nih.gov/guidelines/cholesterol/atp_iii.htm)

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