The National Cholesterol Education Program has created guidelines called Therapeutic Lifestyle Changes (TLC) for the prevention of coronary heart disease. Daily TLC nutrition recommendations include:

- No more than 25-35 percent of total calories from fat
- Less than 7 percent of calories from saturated fat
- 50-60 percent of calories from carbohydrates
- 20-30 grams of fiber
- 15 percent of calories from protein
- Less than 200 milligrams of cholesterol