

- THE - PORTFOLIO DIET

An evidence-based eating plan for lower cholesterol

WHAT IS THE PORTFOLIO DIET?

The Portfolio Diet is a way of eating that evidence has shown can help lower cholesterol and your risk of heart disease. Instead of focusing on what you can't eat, the Portfolio Diet is about what you can add to your menu!

The diet includes a "portfolio" of plant foods that you can choose from.

Research shows that medications and diet both work to lower your cholesterol. Medications can be more effective and easier, but some people don't want to take medications, cannot tolerate the side effects, or want to combine a nutritious diet with medications.

HOW DOES IT WORK?

The Portfolio Diet is exactly as it sounds. It takes a few dietary patterns that have been shown to lower cholesterol and puts them together. To lower your cholesterol, you can "invest" in any one pattern, or some of them, or all of them.



WHAT DOES THE PORTFOLIO DIET LOOK LIKE?

Expected LDL-
cholesterol lowering

Endorsed for
heart health*

1 NUTS & SEEDS, 45 g DAILY

All nuts & seeds are good for your heart and cholesterol and contrary to concerns, do not contribute to weight gain. Try having nuts or seeds as a snack between meals, or try adding them to salads, cereals, or yogurt. Try nut butter on your toast as another option. 45 g is about a handful of nuts. If you are allergic to peanuts, or tree nuts, try seeds.



5-10 %



2 PLANT PROTEIN, 50 g DAILY

Plant protein is becoming the easy option. It's a way to take action for your heart and the planet. Start by trying to get 10 g daily which could look like 1 ¼ cup soymilk, ½ cup chickpeas, ⅓ cup ground soy, or ½ big veggie burger. You could also try ½ cup edamame. Try replacing cow's milk with silky soymilk, ground beef with hearty ground soy or lentils, or meat with tasty tofu strips in a stir-fry.



5-10 %



3 VISCOUS (STICKY) FIBRE, 20 g DAILY

Choose bread and cereals high in oats, barley, and/or psyllium to get your viscous fibre (2-4 g per slice of bread or 4-6 g per cup of dry cereal). Emphasize specific fruits (apples, oranges, berries, persimmons) and vegetables (eggplant, okra) (1-2 g per serving). The easiest way to add viscous fibre is a supplement (psyllium, PGX, pectin). Try adding 1-2 tsp of a psyllium product to water or pure psyllium husk to smoothies, soy yogurt, or apple sauce (2-4 g per tsp).



5-10 %



4 PLANT STEROLS, 2 g DAILY

These occur naturally in plant foods (e.g. nut, soybeans, peas, canola oil) but to get this amount will require a supplement or fortified foods like spreads, juices, or yogurts.



5-10 %



5 OILS (MUFAs), 45 g DAILY

Try heart-healthy oils rich in monounsaturated fatty acids (MUFAs). Extra-virgin olive oil should be the first choice. Other choices include canola, soybean, or "high-oleic" sunflower and safflower oils. Aim for "extra-virgin" or "cold-pressed" oils (15 g per 1 tbsp of oil). Avocados are also an excellent source of MUFA (9 g per ¼ fruit).



5-10 %[†]



*Health Canada and/or the Canadian Cardiovascular Society as well as the U.S. Food and Drug Administration (FDA) and/or European Food Safety Authority (EFSA).

[†]When replacing foods high in saturated fat like butter.

**IT'S NOT ABOUT ONE BIG CHANGE. IT'S NOT ALL OR NOTHING.
JUST START BY INTRODUCING ONE COMPONENT
TO YOUR DIET AND BUILD FROM THERE.**

TOTAL: ☺ ~30%

Statins, a very potent class of cholesterol-lowering medications, reduce cholesterol by 20-60%. Any effect of diet or medications is directly proportional to adherence.



**THIS PORTFOLIO
DIET IS FOR
"REAL PEOPLE IN
THE REAL
WORLD"**

- DR. DAVID JENKINS, CREATOR
OF THE PORTFOLIO DIET



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