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 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.

NUTS, LEGUMES, SEEDS, GRAINS: 45g DAILY
All nuts are good for your heart and cholesterol levels and contrary to consensus do not contribute to weight gain. Add nuts to a smoothie or meal, adding to salads, cereals, or poppy. Using non-stick butter or your heart is in jeopardy. 45g is about a handful of nuts. Trying to go beyond this risks the nuts, not you.

PLANT PROTEIN: 50g DAILY
This is the most challenging component of the Portfolio diet, try to go by adding 30g daily. Consider replacing milk with soy milk, or tofu, soy nuts and beans.

VISCUOUS (STICKY) FIBRE: 20g DAILY
At least 2 servings of oatmeal, beans, lentils, and chickpeas a day. Replace bread with whole or pumpernickel or whole wheat. Eat at least 5 servings of fruit and vegetables every day. Air in and 2 servings per day of oatmeal, barley, or cereals enriched with polyunsaturated or unsaturated fat. Add them to your diet with whole grains or nuts. Polyunsaturated or pumpernickel to smoothies. Eat at least 5 servings per day of vegetables (broccoli, cauliflower, and other leafy greens), and fruit (apples, oranges, and other citrus fruits).

PLANT STEROLS: 20g DAILY
These occur naturally in broccoli, soybeans, and other foods but to get this amount of sterols you will require fortified foods such as spreads, juices, yoghurt, milk, and even supplements as part of a meal.

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: <500mg
Daily limits may be lower for some people. Consult a registered dietitian to plan a diet that meets your needs.

THIS PORTFOLIO DIET IS FOR THE PEOPLE IN THE REAL WORLD - BY SOMEONE WHO CREATES IT FOR THE REAL WORLD.

St. Michael’s Hospital
Running this campaign.

The Toronto Healthier Hearts Coalition for Childhood Obesity
University of Toronto

Consultant: Dr. DC, School of Pharmacy, University of Toronto

Credits:

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