

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?

1. **NUTS - 45g daily**

- Expected LDL-Cholesterol lowering: 5-10%
- Some suggested foods: mixed nuts, almonds, peanuts, nut butters, pistachios, walnuts.
- All nuts are good for your heart and cholesterol, and contrary to concerns do not contribute to weight gain.
- Add nuts as a snack between meals, adding to salads, cereals, or yogurt. Trying nut butter on your toast is an option, 45g is about one handful of nuts.
- If allergic to peanuts or tree nuts, try seeds.

2. **PLANT PROTEIN - 50g daily**

- Expected LDL-Cholesterol lowering: 5-10%
- Some suggested foods: chickpeas, peas, tempeh, veggie burger, tofu, soybeans, lentils, beans, veggie dog, soy milk, soy deli slices.
- This is the most challenging component of the Portfolio Diet.
- Start by trying to get 25g daily. Consider replacing dairy milk with soy milk. Try tofu, soy nuts, and beans.

3. **VISCOUS (STICKY) FIBRE - 20g daily**

- Expected LDL-Cholesterol lowering: 5-10%
- Some suggested foods: apple, corn, eggplant, psyllium, strawberries, oatmeal, oat bran cereal, barley.
- Aim to eat two servings of oatmeal, beans, lentils, and chickpeas a day. Replace bread with rye or pumpernickel or oatcakes. Eat at least five servings of fruit and vegetables every day. Aim to eat two servings per day of oatmeal, barley or cereals enriched with psyllium or oat bran. Eat at least five servings per day of vegetables (eggplants, okra) and fruit (apples, oranges, berries) high in viscous fibre.

4. **PLANT STEROLS - 2g daily**

- Expected LDL-Cholesterol lowering: 5-10%
- Some suggested foods: plant sterol margarine and plant sterol fortified foods such as oils, juices, yogurt.
- These occur naturally (soybeans, corn, squash, etc.), but to get this amount of sterol, you will require fortified foods such as spreads, juices, yogurt, 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. To learn more about the portfolio diet pattern visit:

<https://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-portfolio-eating-pattern-form.pdf>

The Portfolio Diet is for "real people in the real world." -- Dr. David Jenkins, creator of the Portfolio Diet

Reference:

[Anderson, Todd J. et al. 2016 CCS Guidelines for the Management of Dyslipidemia for the Prevention of Cardiovascular Disease in the Adult. Can J Cardiol , 2016;32;11:1263 - 1282](#)

