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, some of them, or all of them.

WHAT DOES THE PORTFOLIO DIET LOOK LIKE?

1. **NUTS 45g DAILY**
   - Almonds are good for your heart and cholesterol levels and contain saturated and trans fats instead of the saturated and trans fats found in nuts.
   - Add nuts to a salad, add them to a cup of yogurt, or sprinkle them on top of your oatmeal. 45g is about a handful of nuts.
   - A variety of nuts are available, such as cashews, almonds, and walnuts.

2. **PLANT PROTEIN 5Og DAILY**
   - This is the most challenging component of the Portfolio diet. Start by trying to get 75g of protein daily.
   - Consider replacing one meal with nuts, dry beans, and lentils.

3. **VISCUOUS (STICKY) FIBRE**
   - Add at least 15g of oatmeal, bran, beans, lentils, and chickpeas a day.
   - Replace bread with whole-grain or enriched breads, or fruits with whole-grain or enriched breads.
   - Eat at least 5g of fruit or vegetables every day.

4. **PLANT STEROLS 2g DAILY**
   - These occur naturally in vegetables, nuts, seeds, and other plant substances.
   - To get this amount, you will require fortified foods such as spreads, juices, yoghurt, and 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.**

**TODAY’S RECOMMENDATION:**

- **BREAD**
- **FRUIT**
- **VEGETABLES**
- **NUTS**
- **LACTOSE-FREE MILK**

**TOTAL: TO 35%**

*This Portfolio diet is for real people in the real world.*

**Daisy: Toronto’s Creator of the Portfolio Diet**