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.

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?

NUTS, LEGUMES, SEEDS

PICKLES & VEGETABLES

MEAT ALTERNATIVES

PLANT PROTEIN

50g DAILY

This is the most challenging component of the Portfolio diet. Start by trying to eat 75g daily. Consider replacing milk with one 1% milk, soy milk, or nuts and beans.

FIBRE

5 - 10g DAILY

Aim for at least 2 servings of whole grains, beans, lentils, and chickpeas a day. Replace bread with whole grain or 100% bran or cereals. Eat at least 5 servings of fruit and vegetables every day. Aim to eat 2 servings per day of oatmeal, barley, or cereals enriched with puffed rice or oat bran. Replace white bread with whole grain or oat bread. Put nuts or puffed rice in smoothies. Eat at least 5 servings per day of vegetables (broccoli, cauliflower, and red bell peppers, for example), lentils, and legumes (lentils, kidney beans, chickpeas, black beans, and etc.)

STARCHES

60g DAILY

These occur naturally in vegetables, cereals, and fruits, but to get this amount of starch you will require fortified foods such as spreads, juices, yoghurt, and milk or supplements in part 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.

Click to see the full version of this infographic.

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

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