

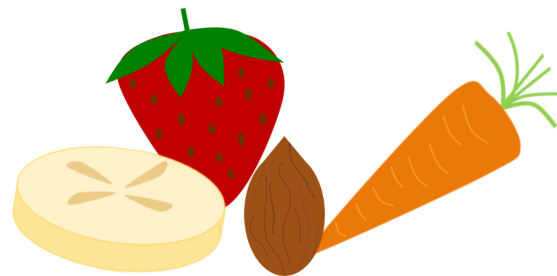
In Depth:

The Portfolio Diet

The Portfolio Diet was developed by Dr. David Jenkins in Toronto. It is a modified vegetarian diet that emphasizes foods that have been shown to lower LDL (“bad”) cholesterol. These foods are soy protein, nuts, plant sterols, and soluble fibre. Studies have shown LDL reductions of 20-30% in people on the portfolio diet, regardless of whether or not they were taking a statin.

The portfolio diet is a vegetarian eating pattern that includes the following:

2g/day **plant sterols**
50g/day **nuts**
50g/day **soy protein**
10-25g/day **soluble fibre**



Is the portfolio diet right for you?

If you have high LDL cholesterol and are highly motivated to make dietary changes to reducing it, then you should consider the portfolio diet. The portfolio diet is not an alternative to medications in some people who have very high cholesterol or a genetic problem causing their high cholesterol. It is a good idea to tell your doctor if you decide to follow the portfolio diet.

The portfolio diet may *not* be right for you if you have allergies to soy or nuts or if you are unwilling to make changes to your diet such as giving up meat.

Components of the portfolio diet:

Nuts:

Nuts are rich in heart-healthy unsaturated fats. Studies have shown that replacing saturated fat in the diet with polyunsaturated fat can improve cholesterol and reduce risk of heart disease. Walnuts and pine nuts are high in essential polyunsaturated fats while almonds, cashews, hazelnuts, and pecans are high in heart-healthy monounsaturated fats.

Plant sterols:

Plant sterols can be found in plant-based foods, however naturally occurring plant sterols are often at a much lower concentration. In order to reach the recommendation of 2g/day, eating fortified foods is recommended. Plant sterols have been shown to lower cholesterol levels by inhibiting absorption of dietary cholesterol.

Sources of Plant Sterols	Serving size	Plant sterols/ serving (g)
Minutemaide HeartSmart Orange Juice	1 cup	1
Oasis Health Break CholestPrevent	1 cup	1
Becel Pro.activ Margarine with plant sterols	2 tsp	0.80
PC Blue Menu Celeb Margarine with Plant Sterols	2 tsp	0.80
Centrum Cardio Multivitamin	1 capsule	0.50
Sunflower seeds (dried kernels)	¼ cup	0.20
Rice Bran Oil	1 tsp	0.16
Corn Oil	1 tsp	0.13
Peanuts	¼ cup	0.08
Avocado	½ fruit	0.08
Sesame Seeds (whole, dried)	1 Tbsp	0.06

Soluble fibre:

Soluble fibre (also called viscous fibre) is found in fruits, vegetables, legumes, and whole grains. Soluble fibre absorbs water and expands to slow down transit of food through the intestines. Soluble fibre has been shown to lower cholesterol by increasing excretion of cholesterol.

Sources of Soluble Fibre	Serving size	Soluble fibre/ serving (g)
Black Beans	¾ cup	5.4
Metamucil	1 Tbsp	3.4
Navy/Pinto Beans	¾ cup	3.2
Bran Buds	⅓ cup	2.7
Avocado	½ fruit	2.1
Chick peas	¾ cup	2.1
Brussel Sprouts (cooked)	½ cup	2.0
Dried Figs	¼ cup	1.9
Orange	1 medium	1.8
Sweet Potato (cooked)	½ cup	1.8
Edamame	½ cup	1.5
Broccoli	½ cup	1.4
Oatmeal	¾ cup	1.4
Rye Bread	1 slice	0.8
Chia Seeds	1 Tbsp	0.7
Whole Wheat Bread	1 slice	0.5

Soy protein:

Soy protein consumption is associated with lower cholesterol as well as reduced risk of heart disease. Replacing animal protein with soy protein can potentially have other health benefits.

Sources of Soy Protein	Serving size	Soy Protein/ serving (g)
Soy protein powder	1 scoop	15-30g
Tempeh	150g	28.5
Soy veggie burger	1 patty	14
Extra-firm tofu	150g	13.5
Edamame	¾ cup	13
Silken tofu	150g	7.2
Soy yogurt	¾ cup	7
Soy milk	½ cup	4
Soy cheese	1 slice	2

For more information and resources, visit www.lipidgeneticsclinic.ca



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