

# THE PORTFOLIO DIET

A Plant-Based Approach to Lower LDL Cholesterol

The Portfolio Diet is a scientifically proven dietary pattern that can reduce LDL cholesterol by 17-30% – comparable to statin medications. Developed in Canada by Dr. David Jenkins, it focuses on four key food groups that work together to lower cholesterol.

## THE FOUR CORE COMPONENTS

### 1. NUTS & SEEDS



**45g  
DAILY**

About one handful per day

- Almonds • Walnuts • Peanuts
- Pecans • Pistachios
- Nut butters

*If allergic to nuts, try seeds*

Reduces  
LDL  
**5-10%**

### 2. PLANT PROTEIN (SOY)



**50g  
DAILY**

Replace animal protein sources

- Tofu • Soy milk • Tempeh
- Edamame • Soy-based
- meat alternatives

*Most challenging component for many people*

### 3. VISCOUS FIBER



**20g  
DAILY**

Aim for 5+ servings per day

- Oats • Barley • Beans
- Lentils • Psyllium • Eggplant
- Okra • Berries • Apples

*Each serving provides 2-3g soluble fiber*

### 4. PLANT STEROLS



**2g  
DAILY**

Found in fortified foods

- Fortified margarine
- Fortified orange juice
- Fortified yogurt drinks

Reduces  
LDL up to  
**12%**