

# 'THE PORTFOLIO DIET'

## Getting Started & Expected Results

### SECTION 1 - FOUNDATION DIET PRINCIPLES

- Low in saturated fat (<7% of calories)
- Low in dietary cholesterol (<200 mg/day)
- High in fruits and vegetables (5-10 servings daily)
- Emphasize whole grains
- Limit red meat, poultry, fish to ≤3 servings/week
- Plant-based focus

### SECTION 2 - HOW TO GET STARTED



#### START WITH ONE

Choose one component to add to your diet. Even one component provides benefits!



#### ADD MORE GRADUALLY

Add additional components as you become comfortable. Each adds more LDL reduction.



#### MAXIMIZE BENEFITS

Combine all four components for maximum 17-30% LDL reduction.

### SECTION 3 - EXPECTED RESULTS

#### LDL CHOLESTEROL REDUCTION



**Note:** Comparable to early-generation statin medications!

### SECTION 4 - ADDITIONAL BENEFITS

- ✓ Reduces cardiovascular disease risk by 11-14%
- ✓ Improves overall heart health
- ✓ Provides essential nutrients
- ✓ Sustainable and plant-based
- ✓ Flexible and adaptable
- ✓ No side effects

#### KEY TAKEAWAY:

The Portfolio Diet is a powerful, evidence-based approach to lowering LDL cholesterol through food. You can start with any component and add more over time. Talk to your healthcare provider or dietitian about incorporating the Portfolio Diet into your heart health plan.