

# Portfolio Eating Pattern

## What is the portfolio eating pattern?

It is a way of eating that is higher in foods and nutrients that are healthier for your heart. This eating pattern combines 4 portfolio foods and nutrients with other heart healthy foods. The 4 foods and nutrients are:

- nuts
- soluble viscous fibre
- soy protein
- plant sterols

If you follow the portfolio eating pattern, you'll eat:

- more plant protein (beans, lentils, nuts, seeds, and soy foods)
- less red and processed meats, higher fat poultry, higher fat dairy products, saturated fats, and dietary cholesterol

## What are the benefits?

This way of eating may help you lower your risk for heart disease, lower your LDL (unhealthy) cholesterol, and lower your blood pressure. The benefits of the 4 portfolio foods and nutrients are described below.

**Nuts** have healthy fats and are low in saturated fat.

**Soluble viscous fibre** forms a gel in the intestine. The gel helps lower LDL-cholesterol by removing cholesterol in bowel movements.

**Soy protein** is plant protein that can help lower LDL-cholesterol, and is higher in fibre and low in saturated fat.

**Plant sterols** reduce the amount of cholesterol our bodies absorb from food. This can help lower our LDL-cholesterol. Some foods contain plant sterols naturally. Some foods have plant sterols added to them.

## Do you follow the portfolio eating pattern?

Check Yes or No for each item below. Every Yes answer means you have a healthy habit that follows the portfolio eating pattern. If you're ready to make changes, use the tips on the following pages to increase your Yes answers.

- |  |  |
|--|--|
| 1. I eat nuts each day.  | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 2. I eat foods higher in soluble viscous fibre such as barley, oats, and pears each day. | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 3. I have beans, lentils, and peas a few times a week.                                   | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 4. I have vegetables and fruit at most meals and snacks.                                 | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 5. I eat soy foods like fortified soy beverage, tofu, and edamame each day.              | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 6. I take a plant sterol supplement or eat foods with plant sterols each day.            | <input type="checkbox"/> Yes <input type="checkbox"/> No |

## Portfolio foods and nutrients

The sections below show you how much of the portfolio foods and nutrients to eat every day to get the benefits of the portfolio eating pattern.

### Nuts

**Aim for at least 30 grams a day.** The nuts below are examples. Each serving below weighs about 30 grams.



Almond  
(23 nuts)



Cashew  
(19 nuts)



Hazelnut  
(13 nuts)



Nut butter  
(2 Tbsp)



Peanut  
(28 nuts)



Pecan  
(16 halves)



Pistachio  
(49 nuts)



Walnut  
(15 halves)

### Tips to eat more nuts

- Choose any nuts you enjoy.
- Eat nuts as a snack.
- Sprinkle crushed nuts like almonds, walnuts, or hazelnuts on your cereal, yogurt, stir-fry, or salad.
- Spread nut butter like almond butter or cashew butter on whole grain toast.
- Try nut butters with sliced apples or celery sticks as a snack.

### Soluble viscous fibre

**Aim for at least 10 grams a day.** Each serving of food below has 2–3 grams of soluble viscous fibre. Aim for 5 or more servings a day.



Oatmeal, cooked  
( $\frac{2}{3}$  cup/150 mL)



Barley, cooked  
(1 $\frac{1}{3}$  cup/325 mL)



Cereal with added  
psyllium ( $\frac{1}{4}$  cup/60 mL)



Psyllium husk, powdered  
psyllium, or glucomannan  
supplement (2 tsp/10 mL)

When you start eating more fibre, you may have mild gas or bloating. It can help to increase your fibre slowly and to drink 9–12 cups (2.25–3 L) of fluid every day.

### Other foods higher in soluble viscous fibre:

- Apples, avocados, figs, guavas, nectarines, oranges, pears, and prunes
- Dried cooked beans, peas, and lentils
- Glucomannan is a soluble viscous fibre found in some plants. It is found in shirataki noodles and konjac noodles.

### Tips to eat more soluble viscous fibre

- Have a bowl of oatmeal for breakfast with an orange.
- Cook barley instead of rice or quinoa at a meal.
- Choose cereals with added psyllium. Look for psyllium in the Ingredient List on the package.
- Sprinkle psyllium husk on cereal, yogurt, and salads or add to your smoothies.
- Add psyllium or cereals with psyllium to your baking recipes.
- Ask your dietitian about using a soluble viscous fibre supplement.

## Soy protein

**Aim for at least 30 grams a day.** Each serving of food below has about 10 grams of soy protein. Aim to eat 3 servings a day.



Fortified soy beverage (1½ cup or 325 mL)



Soy nuts (¼ cup or 60 mL) or soy nut butter (2 Tbsp or 30 mL)



Tempeh, miso, natto (⅓ cup or 75 mL)



Tofu: Firm or extra firm (½ cup or 125 mL) Soft (¾ cup or 175 mL)



Edamame beans, shelled (½ cup or 125 mL)



Meat alternatives made with soy like burgers, nuggets, sausage (1 patty or 70 g)

### Tips to eat more soy

- You can drink fortified soy beverage instead of cow's milk. Try a glass with meals or as a snack with fruit.
- Use fortified soy beverage on your cereal and in your tea or coffee lattes.
- Add tofu or soy beverage to smoothies.
- Try soy nuts or edamame beans as a snack.
- Add edamame beans to salads or stir fries.
- Use tofu instead of meat. Cut tofu into cubes or strips for stir fries or casseroles, or bake tofu to use in salads. Try grilling marinated tofu instead of chicken or steak.
- Choose meat alternatives made with soy that have less sodium and less saturated fats.
- Though soy protein powders are a source of soy protein, they may not offer the same benefits as the foods listed above.

## Plant sterols

**Aim for 1000–2000 mg a day.**



Plant sterol supplements

Check the label to see how much plant sterols are in each serving. Look for a supplement with a Drug Information Number (DIN) or Natural Product Number (NPN).

### Plant sterols from food

- Small amounts of plant sterols are found in foods like nuts, seeds, oils, fruits, and beans. These foods do not provide enough plant sterols to lower LDL.
- Some foods have added plant sterols. Talk to your dietitian about which foods are currently available.

## Sample meal plan

The sample meal plan below can help you to follow a portfolio eating pattern. In the blank columns on the right side, you can write in your own portfolio eating plan. Find recipes for the bolded foods at [ahs.ca/recipes](https://ahs.ca/recipes)

Sample meal plan	Portfolio nutrients	My meal plan	Portfolio nutrients
<b>Breakfast</b>		<b>Breakfast</b>	
Parfait: ⅓ cup (75 mL) cereal with psyllium ⅓ cup (75 mL) dried figs, chopped ¼ cup (60 mL) soy nuts ¾ cup (175 mL) plain yogurt 1000-2000 mg plant sterol supplement	Soluble viscous fibre Soluble viscous fibre Soy protein  Plant sterols		
<b>Lunch</b>		<b>Lunch</b>	
1 cup (250 mL) fortified soy beverage <a href="#">Lentil and Rice Soup</a> Sandwich: 2 slices whole grain bread Salmon, mustard, tomatoes 2.5 tsp (12 mL) margarine Pear	Soy protein Soluble viscous fibre    Soluble viscous fibre		
<b>Dinner</b>		<b>Dinner</b>	
<a href="#">Stir-fried Tofu</a> ½ cup (125 mL) cooked barley topped with 13 chopped hazelnuts	Soy protein Soluble viscous fibre /Nuts		
<b>Snack ideas</b>		<b>Snacks</b>	
2 Tbsp (60 mL) almond butter with 1 sliced apple  ½ cup (125 mL) steamed edamame beans with lemon juice and pepper 1 cup (250 mL) fortified soy beverage 1½ cups barley salad with avocado, peppers, oranges	Soluble viscous fibre /Nuts Soy protein  Soy protein Soluble viscous fibre		

# Portfolio check

The checklist below can help you keep track of the portfolio foods and nutrients you eat. Check 1 circle each time you eat 1 serving of Nuts, Soy protein, Soluble viscous fibre, or Plant sterols. Look on pages 2 and 3 for the serving sizes for portfolio foods and nutrients.

Portfolio food or nutrient	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Nuts</b> Brazil, almond, pistachio, cashew, walnut, pecan Nut butters	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Soluble viscous fibre</b> Cereal with psyllium Barley, oatmeal Pears, apples, oranges	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
<b>Soy protein</b> Soy beverage, soy nuts, tofu, edamame, miso	<input type="radio"/> <input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/>
<b>Plant sterols</b> Supplement	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>