

Portfolio Eating Pattern

What is the portfolio eating pattern?

The portfolio eating pattern **combines 4 portfolio foods and nutrients with other heart healthy foods** lower in saturated fat and cholesterol and higher in fibre. The 4 portfolio foods and nutrients are:

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

Research shows that the portfolio eating pattern can lower your cholesterol.

If you follow the portfolio eating pattern, you'll eat less animal protein (red meat, poultry, dairy foods, eggs), and more plant protein (beans, lentils, nuts, seeds, soy foods).

This eating pattern is lower in foods and nutrients that are less healthy for your heart: 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 some building blocks of 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.

Pages 2 and 3 list foods that contain soluble viscous fibre, soy protein, and plant sterols. Those pages also tell you how much of each food and nutrient to eat to follow the portfolio pattern.

Do you eat a portfolio of healthy foods?

Answer the questions below to help you decide if you're eating the 4 foods and nutrients in the portfolio eating pattern. Every Yes answer is a healthy habit. If you answer No to any of these questions, and you're ready to make healthy changes, use the tips on the following pages to increase your Yes answers.

1. Do you eat nuts such as almonds, walnuts, and pecans each day?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
2. Do you eat soy foods like fortified soy beverage, tofu, and edamame each day?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
3. Do you eat foods higher in soluble viscous fibre such as barley, oats, and pears each day?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
4. Do you eat foods with plant sterols such as fortified margarine, fortified yogurt, or fortified orange juice each day?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
5. Do you have beans, lentils, and peas a few times a week?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
6. Do you have vegetables and fruit at most meals and snacks?	<input type="checkbox"/> Yes	<input type="checkbox"/> No

What can I eat?

The sections below show you how much of the 4 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.							
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 <ul style="list-style-type: none"> • 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 helps to increase your fibre slowly, and to drink 9–12 cups (2.25–3 litres) of fluid every day.

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.

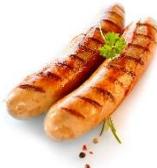
Other foods higher in soluble viscous fibre:

- Choose pears, nectarines, apples, oranges, avocados, passion fruit, figs, guavas, and plums.
- Eat dried cooked beans, peas, and lentils at least 3 times a week or more.
- Glucomannan is a soluble viscous fibre found in some plants. It is added to shirataki noodles and some other pastas.

Soy protein

Aim for at least 30 grams a day.

Each serving of food below has about 10 grams of soy protein. Try to eat 3 servings a day.

 <p>Fortified soy beverage (1½ cup or 325 mL)</p>	 <p>Soy nuts (¼ cup or 60 mL)</p>	 <p>Miso Tempeh, miso, natto (⅓ cup or 75 mL)</p>	 <p>Tofu: • Firm or extra firm (½ cup or 125 mL) • Soft (¾ cup or 175 mL)</p>	 <p>Edamame beans, shelled (½ cup or 125 mL)</p>	 <p>Meat alternatives made with soy like burgers, nuggets, sausage (1 patty, 70 g)</p>	 <p>Soy protein powder supplement (1.5 Tbsp or 20 mL)</p>
--	--	--	--	--	---	--

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, soy beverage, or soy protein powder to smoothies.
- Soy nuts and edamame beans are great snacks.
- Add edamame beans to salads or stir fries.
- Tofu can be used instead of chicken or meat in many dishes. 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.

Plant sterols

Aim for 1000–2000 mg a day.

Each serving below (except juice) has about 1000 mg of plant sterols. Try to eat 1–2 servings a day.

Check the label to see how much plant sterols are in each serving.

 <p>Margarine with plant sterols added (2.5 tsp/12 mL)</p>	 <p>Juice with plant sterols added (½ cup/125 mL); has 500 mg plant sterols</p>	 <p>Plant sterol supplements (2 pills)</p>
---	--	---

Tips to eat more plant sterols

- Add margarine with plant sterols to grilled or steamed vegetables, spread it on toast, or melt it on popcorn.
- Drink juice with plant sterols at a meal or snack. If you have high triglycerides or high blood sugar, ask your dietitian how much juice you should drink.
- If you find yogurt with plant sterols, have it for breakfast or as a snack between meals.
- Take supplement pills with plant sterols daily. Look on the label for the amount of plant sterols in each pill. Look for a supplement with a Drug Information Number (DIN) or Natural Product Number (NPN).

Sample Meal Plan

Follow a meal plan like the one below to get enough of the 4 portfolio foods and other heart healthy foods. In the blank columns on the right side, you can write in your own portfolio eating plan. Find recipes for the bolded foods at albertahealthservices.ca; search *Inspiring Healthy Eating*.

Sample meal plan	Portfolio nutrients	My meal plan	Portfolio nutrients
Breakfast			
Parfait:			
- 1/3 cup (75 mL) cereal with psyllium	Soluble viscous fibre		
- 1/3 cup (75 mL) dried figs, chopped	Soluble viscous fibre		
- 1/4 cup (60 mL) soy nuts	Soy protein		
- 3/4 cup (175 mL) plain yogurt			
Lunch			
1 cup (250 mL) fortified soy beverage	Soy protein		
Lentil and Rice Soup	Soluble viscous fibre		
Sandwich:			
- 2 slices whole grain bread			
- 2.5 tsp (12 mL) margarine fortified with plant sterols	Plant sterols		
- Salmon, mustard, tomatoes			
Pear	Soluble viscous fibre		
Dinner			
Stir-fried Tofu	Soy protein		
1/2 cup (125 mL) cooked barley topped with 13 chopped hazelnuts	Soluble viscous fibre / Nuts		
1/2 cup (125 mL) juice with plant sterols	Plant sterols		
Snacks		Ask your dietitian about the benefits of snacking for you.	
<ul style="list-style-type: none"> If you have a smaller appetite, choose 0–2 snacks a day. If you have a larger appetite, choose up to 4 snacks a day. 			
- 2 Tbsp (60 mL) almond butter with 1 sliced apple	Soluble viscous fibre / Nuts		
- 1/2 cup (125 mL) steamed edamame beans with lemon juice and pepper	Soy protein		
- 1 cup (250 mL) fortified soy beverage	Soy protein		
- 1 1/2 cups barley salad with avocado, peppers, oranges	Soluble viscous fibre		

Portfolio Check

Choose healthy meals and snacks by following the portfolio eating pattern. Use the checklist below to keep track of your choices.

1. Look on pages 2 and 3 for the serving sizes for portfolio foods and nutrients.
2. Check one box each time you eat 1 serving of *Nuts*, *Soy protein*, *Soluble viscous fibre*, and *Plant sterols*.

Portfolio Food or Nutrient	At least these servings each day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Nuts - Brazil, almond, pistachio, cashew, walnut, pecan - Nut butters	1	<input type="checkbox"/>						
Soluble viscous fibre - Cereal with psyllium - Barley, oatmeal - Pears, apples, oranges	5	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Soy protein - Soy beverage, soy nuts, tofu, edamame, miso	3	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>						
Plant sterols - Fortified margarine juice, yogurt	1-2	<input type="checkbox"/> <input type="checkbox"/>						