

# **Portfolio Eating Plan**

## **Information for patients and families**

### **What is the Portfolio Eating Plan?**

The Portfolio Eating Plan is a pattern of eating that has been shown to lower cholesterol. You can add it to medicine that lowers cholesterol or some people can use it on its own (not everyone). The Portfolio Eating Plan is very low in saturated fat. Saturated fat is found in animal products such as meat, dairy products, and in chocolate. A strict Portfolio Eating Plan is vegan (meaning that it contains no animal products).

Before you start the Portfolio Eating Plan, check with your doctor or dietitian.

### **Portfolio Eating Plan Foods**

The Portfolio Eating Plan includes the following foods every day:

- 30 grams (or 1 ounce) of raw almonds
- 20 grams soluble fiber (from fruits, vegetables, legumes and psyllium fibre cereal)
- 50 grams soy protein (from soy milk and tofu)
- 2 grams plant sterols (from a supplemented margarine)
- 5 to 9 servings of fruit and vegetables

### **Do I need to eat all of these foods every day?**

Having the recommended amount of each of these foods every day will have the best cholesterol lowering effects. But, including a few of these foods every day can still help to lower your cholesterol.

## Tips for meeting the daily goals

- Have soy milk instead of cow's milk
- Have oatmeal for breakfast
- Switch out meat for tofu, tempeh, or other soy proteins or legumes
- Use Becel Proactiv instead of butter or margarine on your toast or vegetables
- Have almonds as a snack on their own or add them to yogurt or salads
- Use almond butter instead of peanut butter
- Have hummus as a snack with chopped vegetables
- Add 1/3 cup All Bran Buds to your regular cereal or add it to yogurt
- Have a salad with lots of chopped vegetables at lunch and dinner
- Choose fruits for snacks
- Add oat bran to yogurt or smoothies

## Three-Day Sample Meal and Snack Menu

Included is two sample days for the Portfolio Eating Plan. The days are vegetarian, moderate in fat and about 2,000 calories. They also meet or exceed the daily goals for almonds, viscous/soluble fiber, soy protein, and plant sterols. The main source of plant sterols in these menus is *Becel Proactiv margarine*. However, plant sterols are also available in supplement form.

Please tell your doctor and dietitian if you start taking a plant sterol supplement.

St. Michael's cares about your health. For reliable health information, visit our Patient and Family Learning Centre in the 6th floor Marketeria (Cardinal Carter Wing), or find us online at [www.stmichaelshospital.com/learn](http://www.stmichaelshospital.com/learn)

This information is not intended as a substitute for professional medical care. Ask your healthcare provider about this information if you have questions.

72956 Dev. Jan18 2016 V1

## Day One

<b>Breakfast</b>		5 g soluble fiber
Hot oatmeal with fruit and almonds		15 g almonds
<ul style="list-style-type: none"> <li>• 1 cup instant oatmeal (plain or cinnamon-flavored)</li> <li>• 1/2 cup diced or grated green apple</li> <li>• 2 tablespoons chopped almonds</li> <li>• 1 cup fortified soy milk (plain)</li> </ul>		10 g soy protein
<b>Snack</b>		30 g almonds
Almonds and soy milk shake or latte		33 g soy protein
<ul style="list-style-type: none"> <li>• 1/4 cup whole natural or roasted almonds</li> <li>• For a shake: 1 cup fortified soy milk (vanilla or chocolate) with a 1/4 cup scoop soy isolate powder – blend in a blender or shake up in a cocktail shaker</li> <li>• For a latté: Combine 1 cup fortified soy milk, steamed, with 1/4 cup scoop soy isolate powder, and 1 shot of hot espresso</li> </ul>		
<b>Lunch</b>		7.7 g soluble fiber
Barley-Almond Salad (serves 4):		15 g almonds
<ul style="list-style-type: none"> <li>• 2 cups low-sodium vegetable broth</li> <li>• 1 cup quick-cooking pearl barley</li> <li>• 1/4 teaspoon salt</li> <li>• 1 (15-ounce) can kidney beans, drained and rinsed</li> <li>• 1 large red bell pepper, diced</li> <li>• 3/4 cup diced zucchini</li> <li>• 1/2 cup slivered almonds, roasted</li> <li>• 1/3 cup diced scallions</li> <li>• 2 tablespoons extra-virgin olive oil</li> <li>• 1 tablespoon balsamic vinegar</li> <li>• Salt and pepper to taste</li> </ul>	<b>Preparation</b> <ul style="list-style-type: none"> <li>• Bring vegetable broth to a boil in a medium pot.</li> <li>• Stir in barley and salt. Cover and reduce heat. Simmer 10 to 12 minutes or until tender.</li> <li>• Meanwhile, place kidney beans, bell pepper, zucchini, almonds and scallions in a large salad bowl.</li> <li>• Transfer cooked barley to colander and rinse with cold water (both to cool it down and keep it from getting sticky).</li> <li>• Transfer cooled, drained barley to salad bowl.</li> <li>• Add oil, vinegar, and salt and pepper to taste; toss and serve.</li> </ul>	
Fresh strawberries: 1 cup		
<b>Snack</b>		3 g soluble fiber
1 medium orange		7 g almonds
Open-faced almond butter sandwich		
<ul style="list-style-type: none"> <li>• 1 slice oat bran bread, 1 tablespoon almond butter and 1 tablespoon fruit spread</li> </ul>		
<b>Dinner</b>		11 g soy protein
Green salad		6.2 g soluble fiber
<ul style="list-style-type: none"> <li>• 1 cup lettuce, 1/2 cup kidney beans</li> <li>• 1 tablespoon low-fat Italian salad dressing</li> </ul>		2 g plant sterols
Soy chicken patty		
<ul style="list-style-type: none"> <li>• Boca® chicken patty</li> <li>• Roll with mustard</li> </ul>		
Cooked broccoli		
<ul style="list-style-type: none"> <li>• 1 cup with 3 1/2 teaspoons Becel Proactiv spread</li> </ul>		
<b>TOTAL:</b>	57 g almonds 22 g soluble fiber	54 g soy protein 2 g plant sterol

## Day Two

<b>Breakfast</b>		7.4 g soluble fiber 1.7 g plant sterols
Toast and almond butter		
<ul style="list-style-type: none"> <li>• 2 slices oat-bran bread with 1 tablespoon Becel Proactiv, 1 tablespoon almond butter</li> </ul>		
Strawberries – 1 cup		
<b>Snack</b>		33 g soy protein
Soy milk shake or latte		
<ul style="list-style-type: none"> <li>• For a shake: 1 cup fortified soy milk (vanilla or chocolate) with a 1/4 cup scoop soy isolate powder – blend in a blender or cocktail shaker</li> <li>• OR, for a latte: Combine 1 cup fortified soy milk, steamed, with 1/4 cup scoop soy isolate powder, and 1 shot of hot espresso</li> </ul>		
<b>Lunch</b>		5 g soluble fiber 16 g almonds 107 mg plant sterols 9 g soy protein
Big green salad		
<ul style="list-style-type: none"> <li>• 1/2 cup mixed greens, 1/2 cup blanched broccoli, 1/2 cup chickpeas, 1/2 cup red pepper, 1 tablespoon chopped almonds, 2 tablespoons olive oil, 1 tablespoon vinegar, and salt and pepper</li> </ul>		
Small tempeh sandwich		
<ul style="list-style-type: none"> <li>• 2 ounces, fried in 1 tablespoon olive oil, with mustard and a slice of tomato on a roll</li> </ul>		
<b>Snack</b>		3 g soluble fiber
<ul style="list-style-type: none"> <li>• A large green or red apple</li> </ul>		
<b>Dinner</b>		10 g soy protein 5 g soluble fiber 66 g plant sterols 36 g almonds
1 cup pinto beans		
Spicy Gumbo made with soy chicken tenders (serves 4)		
<b>Ingredients</b>	<b>Preparation</b>	
<ul style="list-style-type: none"> <li>• 1 teaspoon ground red pepper</li> <li>• 1/2 teaspoon ground black pepper</li> <li>• 1 (12-ounce) package soy protein sausage- or hamburger-style crumbles, or chicken-style tenders</li> <li>• 2 tablespoons almond oil or corn oil</li> <li>• 1/3 cup almond butter</li> <li>• 1/2 cup chopped, natural almonds, roasted</li> <li>• 1/2 cup sliced fresh okra</li> <li>• 1/2 cup chopped green bell peppers</li> <li>• 1/2 cup chopped, seeded tomato</li> <li>• 1/2 cup chopped white onion</li> <li>• 1/4 cup chopped celery</li> <li>• 1 tablespoon minced garlic</li> <li>• 2 cups low-sodium vegetable stock</li> <li>• Salt, pepper and hot sauce to taste</li> </ul>	<ul style="list-style-type: none"> <li>• Combine ground red pepper, black pepper and salt in a pie pan. Toss soy crumbles or tenders in this mixture to coat.</li> <li>• Heat oil in a large, heavy-bottomed pot or Dutch oven. Fry crumbles or tenders on medium heat to warm throughout; remove and set aside.</li> <li>• Whisk almond butter into remaining oil. Add almonds, okra, peppers, tomato, onion, celery and garlic; stir. Cover and cook, stirring occasionally, until onion is translucent and other vegetables are soft.</li> <li>• Return crumbles or tenders to pot. Stir in vegetable stock. Bring to a boil, then reduce heat and simmer uncovered for 10 to 15 minutes.</li> <li>• Season with salt, pepper and hot sauce to taste. Serve over beans.</li> </ul>	
<b>TOTAL:</b>	50 g almonds 52 g soy protein	20 g soluble fiber <b>2 g plant sterol</b>