

## Portfolio Diet

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The Portfolio Diet is a vegetarian way of eating that combines nuts, plant sterols, fibre and soy protein. When eating this combination or “portfolio” of foods and nutrients everyday, it can:

- lower your LDL or bad cholesterol.
  - lower your blood pressure.
  - reduce your risk for heart disease and stroke.
  - help improve blood sugar control.
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## A closer look at the Portfolio Diet ...

Include daily	Amount of grams
1. Nuts	50
2. Plant sterols	2
3. Viscous fibre	10 to 25
4. Soy protein	50

### 1. Nuts (50 g)

Eat 1/4 to 1/3 cup (50 grams) every day. Include a variety of nuts such as almonds, peanuts, pecans and walnuts.

### 2. Plant sterols (2 g)

Source	Serving Size	Amount of grams (g)
<b>Fortified Foods</b>		
Becel Proactiv margarine, calorie-reduced	12 ml (2.5 tsp)	1 g
President's Choice Blue Menu Celeb margarine with plant sterols	12 ml (2.5tsp)	1 g
Oasis CholestPrevent juice	250 ml	1 g
<b>Other</b>		
Centrum Cardio multi vitamin	2 tablets	1 g
Corn oil	30 ml (2 tbsp)	0.22 to 0.29 g
Whole grain bread	2 slices	0.06 g

### 3. Viscous fibre (10 to 25 g)

Source	Serving Size	Amount of grams (g)
<b>Grains</b>		
Psyllium seeds (ground)	1 tbsp	5 g
Bran Buds	1/3 cup	3 g
Oatmeal	1/2 cup, cooked	1 g
Barley	1/2 cup, cooked	1 g
Brown rice	1/2 cup, cooked	0.2 g
<b>Vegetables</b>		
Brussels sprouts	1/2 cup, cooked	3 g
Parsnip	1/2 cup, cooked	2 g
Broccoli	1/2 cup, cooked	1 g
Okra	1/2 cup	1 g
Carrots	1/2 cup, cooked	1 g
Spinach	1/2 cup, cooked	1 g
Eggplant	1/2 cup, cooked	1 g
Cauliflower	1/2 cup, cooked	0.4 g
Red bell pepper	1/2 cup	0.2 g
<b>Fruit</b>		
Pear	1 large	3 g
Citrus fruit	1 medium	2 g
Plum	5 small	2 g
Prunes	1/4 cup	1.5 g
Apple	1 medium	1 g
Peach	1 medium	1 g
Banana	1 medium	1 g
Strawberries	1 cup	1 g
<b>Beans</b>		
Kidney beans	1/2 cup	3 g
Lima beans	1/2 cup	3 g
Black beans	1/2 cup, cooked	2 g
Navy beans	1/2 cup	2 g
Chick Peas	1/2 cup	1 g
Lentils (yellow, green, orange)	1/2 cup	1 g

Viscous fibre is also called soluble fibre.

**4. Soy protein (50 g)**

Source	Serving Size	Amount of grams (g)
Soy cheese	1/2 cup (120 g, 4oz)	15 g
Tempeh	1/2 cup (75 g, 2.5 oz)	14 g
Tofu, extra firm	88 g	13 g
Edamame (fresh soybeans)	1/2 cup	12 g
Veggie/soy burger	1 patty	11 g
Veggie dog	1 dog	11 g
Soybeans	1/2 cup	8 g
Tofu, silken, soft	1/2 cup (133 g, 4.5 oz)	5.5 g
Soy beverage	1/2 cup	3 g

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## What would a day eating the Portfolio Diet look like?

### Sample 1 – 1800 calories

		Nuts	Plant sterols	Soy protein	Viscous fibre
Breakfast	<ul style="list-style-type: none"> <li>• 2 slices of whole grain bread with 2 tbsp of nut butter</li> <li>• A medium orange</li> <li>• 1 1/4 cup of soy beverage</li> <li>• Centrum Cardio multivitamin (2 tablets)</li> </ul>		1 g	7.5 g from soy beverage	2 g from orange
Snack	<ul style="list-style-type: none"> <li>• 1/4 cup of dried prunes</li> </ul>				3 g from dried prunes
Lunch	<p><b>*Vegetable Barley Soup</b></p> <ul style="list-style-type: none"> <li>• 1 1/2 cup serving</li> <li>• 1 whole grain dinner roll with 2.5 tsp of Becel Proactiv calorie reduced margarine</li> <li>• 1 cup of soy beverage</li> </ul>		1 g	6 g from soy beverage	3 g from vegetable barley soup
Dinner	<ul style="list-style-type: none"> <li>• 1 veggie/soy dog/ burger patty with 2 tbsp of shredded soy cheese</li> <li>• 2 cups of vegetables (1 cup of broccoli, 1/2 cup carrots, 1/2 cup of edamame) cooked in 1 tbsp of vegetable oil</li> <li>• 1 whole grain bun</li> <li>• 1.5 cup of soy beverage</li> </ul>			11 g from veggie burger 4 g from soy cheese 12 g from edamame 9 g from soy beverage	2 g from broccoli 1 g from carrots
Snack	<ul style="list-style-type: none"> <li>• 1/4 to 1/3 cup of almonds</li> <li>• 1 large pear</li> </ul>	50 g			3 g from large pear
<b>Total</b>	<b>1830 calorie</b>	<b>50 g</b>	<b>2 g</b>	<b>50 g</b>	<b>14 g</b>

\*see insert for recipe

## Sample 2 – 2000 calories

		Nuts	Plant sterols	Soy protein	Viscous fibre
Breakfast	<ul style="list-style-type: none"> <li>• Centrum Cardio multi-vitamin (2 tablets)</li> <li>• 1 cup of oatmeal topped with 1/4 cup of soy beverage, 1/4 cup of assorted nuts and 1/2 cup of strawberries</li> </ul>	50 g	1 g	1.5 g from soy beverage	2 g from oatmeal and 0.5 g from strawberries
Snack	<ul style="list-style-type: none"> <li>• 1/4 cup of soy nuts</li> <li>• 1 medium banana</li> </ul>			4 g from soy nuts	1 g from medium banana
Lunch	<ul style="list-style-type: none"> <li>• 2 slices of whole grain bread</li> <li>• 75 g (1/2 cup) Tempeh strips</li> <li>• 2 slices of tomato</li> <li>• 2.5 tsp Becel Proactiv calorie reduced margarine</li> <li>• 1 cup of soy beverage</li> <li>• 1 medium orange</li> </ul>		1 g	14 g from Tempeh strips 6 g from soy beverage	2 g from medium orange
Snack	<ul style="list-style-type: none"> <li>• 1/4 cup of dried apricots</li> <li>• 1 cup of soy beverage</li> </ul>			6 g from soy beverage	1 g from dried apricots
Dinner	<p><b>*Spicy Stir-Fried Veggies and Tofu</b></p> <ul style="list-style-type: none"> <li>• 3/4 cup serving</li> <li>• 1/2 cup of edamame</li> <li>• 1 cup of brown rice</li> <li>• 1 cup of soy beverage</li> </ul>			7 g from extra firm tofu 12 g from edamame 6g from soy beverage	2.6 g from Spicy Stir-Fried Veggies and Tofu
Snack	<ul style="list-style-type: none"> <li>• 2 tbsp of hummus with 1/2 cup of carrots and 1/2 cup of broccoli</li> <li>• 6 rice crackers</li> </ul>				1 g from carrots 1 g from broccoli
<b>Total</b>	<b>2052 kcal</b>	<b>50 g</b>	<b>2 g</b>	<b>56.5 g</b>	<b>11 g</b>

\*see insert for recipe

## What about eating out?

### General tips

- Choose dishes with chickpeas, lentils or tofu.
- Choose dishes that are mainly vegetable (wraps, stir fries, soups).
- Choose a veggie burger instead of a meat burger.
- Go for soy-based smoothies for dessert.
- Ask for salad dressings and sauces on the side.
- Avoid foods that are deep fried.
- Avoid foods that contain trans fat such as baked goods.

## Suggestions

- Substitute soy products for milk products.
- Include plant sterol margarines.
- Include vegetables, fruit and legumes such as kidney beans, chick peas and lentils.
- Include a handful of nuts everyday.





# Portfolio Diet Recipes

## Spicy Stir-Fried Veggies & Tofu

Ingredients	Amount
Vegetables, chopped ( 1 cup okra, 1/2 cup red bell pepper, 1/2 cup cauliflower)	2 cups
Canola oil	3 tbsp
Tofu	1 cup
Garlic, chopped	3 tbsp
Red pepper flakes	2 tsp
Orange juice	1/2 cup
Ketchup, low-sodium	1/3 cup
Soy sauce, reduced sodium	1/4 cup
Pepper	1 tsp

### Instructions:

1. Using a skillet, stir fry the vegetables with canola oil under tender crisp and then remove from skillet.
2. Stir-fry tofu until lightly browned.
3. Add garlic, and red pepper flakes, orange juice, ketchup, soy sauce and pepper.
4. Add vegetables back to skillet and stir around.

Serves: 4

Nutrient Analysis (3/4 cup) calories 232; total fat 13.4 g; saturated fat 1.2 g; total protein 8.3 g; soy protein 2.75 g; carbohydrate 22.2 g; total fibre 3.6 g; viscous fibre 2.6 g, cholesterol 0 mg; sodium 559 mg

## Sicilian Chickpeas

<b>Ingredients</b>	<b>Amount</b>
Eggplant, diced	2 (1 1/2 cup)
Extra virgin olive oil	3 tbsp
Tomato paste	3 tbsp
Garlic, chopped	3 cloves
Red pepper flakes	1/4 tsp
Water	1/2 cup
Chickpeas, no added salt	2 cans (398mL)
Kosher salt	1/2 tsp
Fresh mint, chopped	3 tbsp

### Instructions:

1. Using a skillet, add eggplant with extra virgin olive oil until golden brown.
2. Add in tomato paste, garlic, red pepper flakes, and stir for 2 minutes.
3. Add in water and chickpeas.
4. Remove from heat and add fresh mint.

Serves: 4

Nutrient Analysis (1 1/2 cup): calories 340; total fat 12g; saturated fat 1.5g; protein 13g; soy protein 0g; carbohydrate 46g; total fibre 12g; viscous fibre 1.5g; cholesterol 0mg; sodium 300mg.

## Tofu with Thai Curry Sauce

<b>Ingredients</b>	<b>Amount</b>
Coconut milk	1 cup
Fresh cilantro, chopped	2 tbsp
Red curry paste	1 tsp
Brown sugar	1/2 tsp
Salt	Pinch, to taste
Extra virgin olive oil	2 tsp
Tofu, extra-firm, water-packed	1 cup
Baby spinach, uncooked	4 cups
Red bell pepper, sliced	1 medium, 1 1/2 cup
Brown rice, cooked	2 cups or 1 cup uncooked

### Instructions:

1. Sauce: In a small bowl, whisk in coconut milk, cilantro and red curry paste.
2. Using a skillet, add tofu and extra virgin olive oil until golden brown.
3. Add spinach and red bell pepper and sauce for 1 to 2 minutes.
4. Serve with brown rice.

Serves: 4

Nutrient Analysis (3/4 cup): 179 calories; total fat 11g; saturated fat 4g; total protein 11g; soy protein 11g; carbohydrate 13g; total fibre 4g; viscous fibre 2.2g; cholesterol 0mg; sodium 405mg.

## Vegetable Barely Soup

Ingredients	Amount
Olive oil	2 tbsp
Garlic cloves, minced	3
Onions, chopped	1 cup
Barley, uncooked	3/4 cup
Carrots, diced	2 cups
Zucchini, diced	2 cups
Parsley	1/4 cup
Bay leaves	1
Tomato puree or whole tomatoes chopped	24 oz (680 g)
Salt and pepper	Pinch, to taste

### Instructions:

1. In a large pot add olive oil, garlic and onions. Heat until onions are cooked.
2. Add in 9 cups of water.
3. Add in barely, carrots, zucchini, parsley and bay leaf. Bring to a boil.
4. Simmer until barely is tender.
5. Add in salt, pepper and tomatoes. Cook for 15 minutes then serve.

Serves: 6

Nutrient Analysis (1 1/2 cup): 203 calories; total fat 5.4g; saturated fat 0.8g; total protein 6g; soy protein 0g; carbohydrate 36g; total fibre 8.3g; viscous fibre 3.02g; cholesterol 0mg; sodium 76mg.

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Tofu with Thai Curry Sauce - Kate Sherwood, Nutrition Action Health Letter  
Sicilian Chickpeas - Kate Sherwood, Nutrition Action Health Letter  
Spicy Stir-Fried Veggies & Tofu - Kate Sherwood, Nutrition Action Health Letter  
Vegetable Barely Soup - Food.com