



# almonds

P O R T F O L I O E A T I N G P L A N ™

## How Would Someone Follow the Portfolio Plan?

Hearing about the University of Toronto's recent Portfolio research, those with high cholesterol might wonder what exactly the study participants on the Portfolio plan ate, in what quantity.

The plan included the following each day as part of a 2,000 calorie diet:

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### REPLACE THE SATURATED FAT IN YOUR DIET

- 30 grams (about one ounce) of almonds—about 23 almonds
- 20 grams (less than one ounce) of viscous fiber from foods such as oats, barley and certain fruits and vegetables
- 50 grams (1.6 ounces) of soy protein from foods such as tofu, soy meat alternatives and soy milk
- 2 grams (.064 ounces) of plant sterols from foods such as Benecol or Take Control

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For someone to emulate these studies' methodology and results – or at least make an effort to eat more of the Portfolio foods every day – it is important to know which foods “count” toward having an effect. The chart below shows some common Portfolio food examples.

Those with a high LDL level may want to follow a Portfolio plan in its entirety, whereas those with a somewhat high LDL level or simply a desire to maintain a healthy heart may want to eat a few Portfolio-friendly, heart-healthy foods each day.

To begin, pick your favorite of the foods, taking into consideration portability and ease of preparation to make this dietary adjustment easier. Almonds can be carried in your purse or left in a desk drawer at work. Plant-sterol enriched margarine is an easy replacement for butter. A soy burger is an enjoyable alternative to a hamburger."

### ALMONDS: 30 GRAMS PER DAY AS PART OF 2,000 CALORIE DIET

Type	Serving size	Grams/milligrams of plant stero
Whole almonds	1 ounce (about 23)	30 grams
Sliced, slivered or ground almonds	1 ounce (about 1/2 cup)	30 grams
Almond butter	2 tablespoons	30 grams

### VISCOUS FIBER: 20 GRAMS PER DAYS AS PART OF A 2,000 CALORIE DIET

Kidney beans	1 cup cooked	6 g
Lima beans	1 cup cooked	5.2 g
Oats	1 cup cooked	4 g
Pinto beans	1 cup cooked	3.8 g
Strawberries	1 cup (about 8)	3.4 g
Broccoli	1 cup	3.2 g
Dried prunes	1/2 cup	3.1 g
Apple	1 large	3 g
Chickpeas	1 cup raw	3 g
Metamucil® Wafers	2 wafers	3 g
Sweet potatoes	1 cup mashed	2.8g
White beans	1 cup cooked	2.8 g
Barley	1 cup cooked	2.6 g
Metamucil® in powder form	1 tablespoon	2.4 g
Grapefruit	1 medium	2.3 g

Oat bran bread and oat bran cereal can contribute toward the viscous fiber goal as well—compare nutrition labels on packaging to see how much soluble fiber each contains.

### PLANT STEROLS: 2 GRAMS PER DAY AS PART OF A 2,000 CALORIE DIET

Benecol® or Take Control® enriched margarine spreads*	1 tablespoon	1.7 g
Avocado	1 small (6 ounces)	132 mg
Corn oil	1 tablespoon	132 mg
Soybeans	1 cup	90 mg
Chickpeas	1/2 cup raw	35 mg
Almonds	1 ounce (about 23)	34 mg
Olive oil	1 tablespoon	30 mg
Vegetable shortening	1 tablespoon	19 mg

Note: 1000 mg = 1 gram

\* For best results, do not deep-fry with these spreads, which lose some of their active benefits when they reach their smoke-point.

### SOY PROTEIN: 50 GRAMS PER DAY AS PART OF A 2,000 CALORIE DIET

Lightlife® Organic Wild Rice Tempeh	4 ounces (1/2 package)	18 g
Soybeans	5 ounces cooked	12 grams
Boca® Chik'n Patty	1 patty	11 g
Boca® All American Classic Burger	1 patty	10 g
Firm tofu	1/3 cup	10 g
Veat® Chick'n Free Nuggets	2.6 ounces (1/3 package)	10 g
Pacific Foods® ULTRA Soy Drink, Vanilla	1 cup	8 g
Lifeway Organic Soytreat® Soy Milk	1 cup	6.25 g
Mori-Nu® Silken-Style Tofu	3 ounces (a 1-inch slice)	6 g
Lightlife® Smart Deli turkey	3 slices	5 g

Source: USDA Nutrient Database for Standard Reference – Release 15