

THE PORTFOLIO DIET

Lower Your Cholesterol Naturally with the Portfolio Diet



WHAT IS THE PORTFOLIO DIET?

A heart-healthy, plant-based diet that lowers cholesterol by combining 4 science-backed food groups. It's called a **"portfolio"** because these foods work better together to lower LDL (bad cholesterol).

THE 4 KEY FOODS



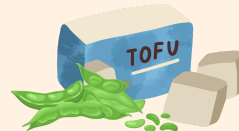
PLANT STEROLS

Found in fortified foods like orange juice, granola bars, and plant-based milks, these help block cholesterol absorption in your gut.



SOLUBLE FIBER

Oats, barley, lentils, okra, apples, and beans help trap and remove cholesterol from the body.



SOY PROTEIN

Tofu, soy milk, edamame, and meat substitutes replace animal protein and support cholesterol reduction.



NUTS

Almonds, walnuts, cashews, and pistachios are rich in healthy fats that improve your cholesterol profile.

WHY IT WORKS

The Portfolio Diet is a research-backed approach to lowering LDL cholesterol up to around 30% in some studies. Beyond improving cholesterol numbers, it supports heart health, may help reduce inflammation, and encourages a more plant-forward, sustainable way of eating.

TIPS TO GET STARTED



Add oats or lentils to meals



Drink soy milk or try tofu stir-fry



Choose fortified foods with plant sterols



Snack on a handful of nuts



Track your fiber intake with a food journal