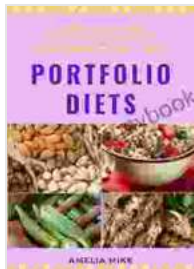


# Lowering Blood Cholesterol For Healthier Heart With Portfolio Diets



## Lowering Blood Cholesterol For A Healthier Heart With Portfolio Diets

★★★★☆ 4 out of 5

Language : English  
File size : 517 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Print length : 51 pages  
Lending : Enabled



High blood cholesterol is a major risk factor for heart disease, the leading cause of death in the United States. Lowering your blood cholesterol can help reduce your risk of heart disease and stroke.

The Portfolio Diet is a heart-healthy diet that has been shown to lower blood cholesterol levels. The Portfolio Diet is a low-saturated fat, high-fiber diet that includes plant stanols and sterols.

### What is the Portfolio Diet?

The Portfolio Diet is a heart-healthy diet that was developed by researchers at the University of Toronto.

The Portfolio Diet is based on the premise that certain foods can help lower blood cholesterol levels. These foods include:

- Fruits and vegetables
- Whole grains
- Low-fat dairy products
- Lean protein
- Plant stanols and sterols

The Portfolio Diet is a low-saturated fat diet. Saturated fat is a type of unhealthy fat that can raise blood cholesterol levels.

The Portfolio Diet is also a high-fiber diet. Fiber is a type of carbohydrate that cannot be digested by the body. Fiber can help lower blood cholesterol levels by binding to cholesterol in the intestine and preventing it from being absorbed into the bloodstream.

Plant stanols and sterols are plant compounds that are similar to cholesterol. Plant stanols and sterols can help lower blood cholesterol levels by blocking the absorption of cholesterol in the intestine.

### **How does the Portfolio Diet work?**

The Portfolio Diet works by lowering blood cholesterol levels through a combination of mechanisms, including:

- Reducing the absorption of cholesterol from the intestine
- Increasing the excretion of cholesterol from the body
- Improving the function of cholesterol-regulating genes

The Portfolio Diet has been shown to be effective in lowering blood cholesterol levels in both men and women.

## **Benefits of the Portfolio Diet**

The Portfolio Diet has been shown to provide a number of benefits, including:

- Lowering blood cholesterol levels
- Reducing the risk of heart disease and stroke
- Improving overall health and well-being

The Portfolio Diet is a safe and effective way to lower blood cholesterol levels and improve your heart health.

## **How to follow the Portfolio Diet**

The Portfolio Diet is a relatively easy diet to follow.

The following are some tips for following the Portfolio Diet:

- Eat plenty of fruits and vegetables.
- Choose whole grains over refined grains.
- Limit saturated fat intake.
- Choose lean protein sources.
- Add plant stanols and sterols to your diet.

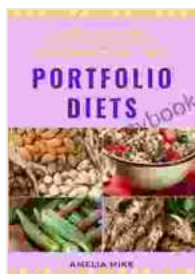
You can find more information about the Portfolio Diet at the following website: [www.portfoliodiet.org](http://www.portfoliodiet.org)

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The Portfolio Diet is a heart-healthy diet that has been shown to lower blood cholesterol levels and reduce the risk of heart disease and stroke.

The Portfolio Diet is a safe and effective way to lower blood cholesterol levels and improve your heart health.

If you are interested in learning more about the Portfolio Diet, please consult with your healthcare provider.



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