

CARDIOMETABOLIC HEALTH & PLANT BASED EATING

WHAT IS THE PROBLEM?

44,000 DEATHS
PER YEAR <75 years old

CARDIOVASCULAR
DISEASE

27%
OF DEATHS
(UK)

£19 billion
PER YEAR COST TO THE NHS

CVD RISK
FACTORS?

- ↑ HIGH BMI
- ↑ HIGH BLOOD PRESSURE
- ↑ HIGH FASTING PLASMA GLUCOSE
- ↑ HIGH SERUM LDL CHOLESTEROL

DIETARY PRIORITIES FOR REDUCING
CARDIOMETABOLIC RISK?

REPLACE SATURATED
WITH UNSATURATED
FATTY ACIDS

INCREASE
WHOLEGRAINS
& FIBRES, AND
LIMIT FREE
SUGARS

THE PORTFOLIO DIET (Prof. David Jenkins)

PER DAY:

- ~30g NUTS
- ~20g VISCIOUS FIBRE
- ~80g VEGETABLE PROTEIN
- 2g PLANT STEROLS

BENEFITS?

↓ REDUCTION IN
LDL CHOLESTEROL*

↓ REDUCTION IN C
REACTIVE PROTEIN*

* Short & long term
studies

♥ ALLOWS YOU TO MIX &
MATCH BASED ON
PERSONAL PREFERENCE

✓ COMPONENTS ARE
READILY AVAILABLE
IN SHOPS

PLANT FOODS...

... LOWER THE ENERGY DENSITY OF
THE DIET

... HAVE BENEFICIAL FATTY ACID
PROFILES

... ARE HIGH IN SOLUBLE AND
INSOLUBLE FIBRES

... HAVE BIOACTIVE MICRO-
NUTRIENT PROFILES

ULTIMATE
CHOLESTEROL
LOWERING PLAN®

NORDIC
DIET

MEDITERRANEAN
DIET

PLANT-RICH
DIETS?

VEGETARIAN

DASH
DIET

VEGAN



GLOBALLY, WE
ARE SEEING
MORE PLANT-BASED
DIETARY GUIDELINES!