

TABLE 3

Representative 1-d menus for the control, statin, and portfolio diet phases

Control and statin diets	Portfolio diet
Breakfast	Breakfast
Bran flakes cereal	Hot oat-bran cereal
Skim milk	Soy beverage
Blueberries	Blueberries
Fat-free vanilla yogurt	Sugar and psyllium
Double-fruit jam	Oat-bran bread
	Test margarine
	Double-fruit jam
Snack ¹	Snack ¹
Bran muffin	Almonds
Control light margarine	Soy beverage
Fresh fruit	Fresh fruit
Lunch	Lunch
Soup	Soup
Vegetable couscous	Lentil with curry
Sandwich	Sandwich
Fat-free grilled cheese	Soy hot dogs
Whole-wheat bread	Oat-bran bread
Control light margarine	Test margarine
Garden salad	Lettuce
Mixed greens and lettuce	Tomato
Tomato	Cucumber

Cucumber	
Oil and vinegar dressing	
Snack ¹	Snack ¹
Bran muffin	Almonds
Control light margarine	Soy beverage
Fresh fruit	Psyllium
	Fresh fruit
Dinner	Dinner
Entrée: egg omelette	Entrée: tofu bake with ratatouille
Egg white	Firm tofu
Egg substitute	Eggplant
Fat-free cheese	Onions
Green peppers	Sweet peppers
Onions	
Safflower oil	
Side dish	Side dish
Cheese and spinach cannelloni	Pearled barley
Vegetables (eg, broccoli and cauliflower)	Vegetables (eg, broccoli and cauliflower)
Snack ¹	Snack ¹
Orange	Apple
Skim milk	Psyllium
	Soy beverage

1 Optional.