

**People with familial chylomicronaemia syndrome (FCS) are recommended to severely restrict what they eat in order to maintain health and minimise the risk of developing pancreatitis and other conditions such as diabetes. There are three simple rules to follow:**

- 1. eat between 10g-15g fat per day (This means animal or vegetable fats)**
- 2. restrict simple sugars and**
- 3. drink no alcohol.**

**Patients can eat a medically prescribed oil called MCT (Medium Chain Triglyceride). This is made from fractionated coconut oil which is broken down by the liver so bypasses the enzyme lipoprotein lipase.**

**It is important to have this prescribed. Shop-bought MCT is not suitable for patients.**

Can eat	How to cook it	Can't eat
<p><b>Protein options:</b></p> <p>Poultry            Turkey breast or chicken breast (with skin and visible fat removed)</p> <p>Meat            Ostrich, kangaroo (check analysis and serving size)</p> <p>Pulses            Lentils and most other pulses (chick peas in moderation)            Baked beans</p> <p>Fish            Cod, haddock, Pollock, John Dory (always check nutritional analysis)</p> <p>Seafood            Prawns, crayfish, white meat of crab and lobster</p> <p>Egg whites</p> <p>Defatted soya protein</p>	<p><b>without</b> oils and fats including:</p> <p>olive oil            sunflower oil            Vegetable oil            Coconut oil            Margarines            Spreads            Butter            Lard            Ghee</p> <p>Steam</p> <p>Microwave</p> <p>Dry roast</p> <p>Griddle (clean griddle pan)</p>	<p>Any type of oil or butter</p> <p>Pork</p> <p>Lamb</p> <p>Beef</p> <p>Bacon</p> <p>Ham</p> <p>Chorizo</p> <p>Sausages</p> <p>Processed meats</p> <p>Egg yolks</p> <p>Any oily fish such as            Salmon            Mackerel            Halibut            Turbot            Etc</p> <p>Tofu</p>

Can eat	How to cook it	What to avoid
<p><b>Carbohydrate options:</b></p> <p>Plain boiled rice (white and brown)</p> <p>Rice noodles</p> <p>Couscous</p> <p>Pasta</p> <p>Spaghetti</p> <p>Plain bread/baguette</p>	<p><b>Without oils and fats</b> including:</p> <p>olive oil</p> <p>sunflower oil</p> <p>Vegetable oil</p> <p>Coconut oil</p> <p>Margarines</p> <p>Spreads</p> <p>Butter</p> <p>Lard</p> <p>Ghee</p>	<p>Quinoa</p> <p>Egg noodles</p> <p>Ramen noodles</p> <p>Brioche</p> <p>Ciabatta</p> <p>Bread with seeds</p>
<p><b>Vegetables</b></p> <p>All vegetables</p> <p>All salad ingredients</p>	<p>Cooked <b>without</b> fat</p>	<p>Nuts</p> <p>Seeds</p> <p>Olives</p> <p>Cocomit</p>
<p><b>Dairy</b></p> <p>Skimmed milk</p> <p>Quark</p> <p>0% yogurt</p> <p>Fat-free cottage cheese</p>		<p>Semi-skimmed milk</p> <p>Full fat milk</p> <p>Cheese</p> <p>Egg yolks</p> <p>Cream/ice cream</p>
<p><b>Flavourings</b></p> <p>All herbs and spices/capers</p> <p>Sweet chilli sauce</p> <p>Soy sauce</p> <p>Mustard</p> <p>Wine (alcohol burned off)</p> <p>Lemon juice</p>		<p>Mayonnaise</p> <p>Salad cream</p> <p>Horseradish sauce</p> <p>Thousand island dressing</p> <p>Oily pickles and chutneys</p>
<p><b>Deserts</b></p> <p>Sorbet</p> <p>Fresh fruit salad</p> <p>Jelly</p>		<p>Cakes</p> <p>Biscuits</p> <p>Chocolate</p>
<p><b>Drinks</b></p> <p>All low-calorie drinks</p>		<p>Alcohol</p> <p>High sugar drinks</p>