

Dietary Guidance for FCS

Patients with FCS are recommended to eat less than 20g fat per day, restrict added sugar and drink no alcohol.

When following such a restricted diet it is important to talk to your specialist dietitian so that you can be sure that you are providing your body with all its calorie, protein, essentials fats, vitamin and mineral needs.

People with FCS are at a higher risk of diabetes. If diabetes has developed you may need to also moderate your carbohydrate intake and your specialist dietitian could help to provide guidance on your carbohydrate intake.

Food you can eat

Always check the food label analysis of foods as values can change, and always be aware of your portion size.

Foods to avoid

You may find examples of foods in this column with an acceptable fat content. Always check analysis on food labels.

Prescription-only MCT oil

All oils including coconut oil
Butter / margarine / ghee

Very low fat protein sources eg:
Turkey and chicken breast with visible fat and skin removed
Very lean cuts of some meat eg: ham / beef / goat
White fish / shellfish / white meat crab / squid
Fresh tuna (red cut only)
Tinned tuna in brine / spring water
Pulses eg kidney beans / lentils
Some quorn products eg quorn mince
Egg whites

Protein sources eg:
Chicken or turkey legs / wings / thighs
Most cuts of meat eg: lamb / beef / goat / ham
Oily fish eg mackerel / salmon
Dressed crab / dressed lobster
Soy bean protein products eg: tofu
Egg yolks

Fat-free dairy eg:
Fat-free cottage cheese
Quark / 0% Yoghurt (be aware of sugar content)
Skimmed milk

Dairy eg:
Cheese / cheese spreads / full fat cottage cheese
Cream / yoghurts containing fat
Semi-skimmed milk / almond milk / coconut milk

Fresh fruit and vegetables

Fruit and vegetables containing fat or served in oil eg:
Olives / avocados / coconut
All nuts / All seeds

Carbohydrates eg:
Brown rice / white rice
Couscous
Dry Pasta
Jacket potato
Some breakfast cereals eg: cornflakes
Jacket potato

Carbohydrates cooked in fat eg:
Fried rice / Chips
Crisps
Egg noodles

Wholemeal / white bread / chapatis

Seeded loaves / many artisan loaves / parathas / nan

All herbs and spices
Table sauces eg ketchup, soy sauce
Lemon juice / garlic / ginger / chilli / vinegars

Mayonnaise / Most salad dressings
Sauces, chutney, and pickles in oil

Very low fat bought snacks (be aware of sugar content)
Rice cakes or water biscuits with low fat topping

Cakes / Biscuits / Pastries
Chocolate

Low calorie soft drinks
Herbal teas, tea and coffee with skimmed milk / water

Alcohol
High sugar drinks