

MCT Foods



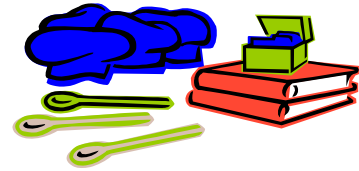
New Resource for Using
Medium Chain Triglyceride Oil

*Bring Fractionated Coconut Oil out of the
Pharmacy and Into the Kitchen!*

- ◆ Replace long chain fats with medium chain oil in foods
- ◆ Bring fatty foods such as margarine, mayonnaise, and gravy back into meals, while adding MCT to the diet
- ◆ 30+ recipes for breakfast, lunch, dinner, and snacks
- ◆ MCT content per serving
- ◆ Recipes for 1 – 2 servings
- ◆ Preparation and storage tips
- ◆ Quick Fix ideas
- ◆ Make-ahead convenience items

<http://louisville.edu/medschool/pediatrics/wcec/mctfoods>

Metabolic Nutrition / Genetics Unit
Weisskopf Child Evaluation Center
Department of Pediatrics
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Louisville, Kentucky



MCT Recipes Include:

- ◆ MCT Margarine
- ◆ MCT Mayonnaise
- ◆ MCT Gravy
- ◆ MCT salad dressings
- ◆ MCT scrambled eggs
- ◆ MCT hash browns
- ◆ MCT pancakes
- ◆ MCT bean burritos
- ◆ MCT egg/chicken/or tuna salad
- ◆ MCT garlic bread
- ◆ MCT croutons
- ◆ MCT snack mix
- ◆ MCT chocolate cake
- ◆ MCT banana muffins
- ◆ MCT ice cream! ... and more!

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