

# Medium Chain Triglycerides (MCT) in Your Diet

Dietitian: \_\_\_\_\_

Phone: \_\_\_\_\_

# Medium Chain Triglycerides (MCT) in Your Diet

You may need to take medium chain triglycerides (MCT) if your body has trouble digesting or absorbing regular fat in food.

**Do not use MCT oil without talking to your dietitian or primary health care provider first.**

- If you take too much MCT oil too quickly, or take too much at once, you may have:
  - › Nausea (upset stomach)
  - › Vomiting (throwing up)
  - › Diarrhea (loose, watery poop)
  - › Stomach cramping
- Ask your dietitian if you need to follow a low fat meal plan.

## **Calorie content:**

- 5 ml MCT oil = 4.7 grams fat (40 calories)
- 15 ml MCT oil = 14 grams fat (120 calories)

## **How to use MCT oil**

- To help your stomach adjust, start with 1 teaspoon (5 ml) 3 to 4 times a day.

- After taking MCT oil for **at least one (1) week**, you can start to increase this amount slowly to no more than 1 tablespoon (15 ml) 3 to 4 times a day.
- Always keep MCT oil in a cool, dry place with the cap screwed on tightly after each use.
- For best results, use glass or metal measuring and mixing tools.
- You can take MCT oil using a measuring spoon, like you would take cough syrup.
- Try adding MCT oil to drinks or mixing it into your food. You can also add flavourings (like coffee, vanilla, almond, cocoa, fruit, etc.).
- Try MCT oil in salad dressings and sauces.

## MCT recipes

**\*It is not safe to use raw egg in a drink recipe or an uncooked dressing.** In these cases, use commercially (store-bought) pasteurized egg whites.

**\*\*If you have been told to follow a sodium-restricted (low salt) meal plan, leave the salt out of these recipes.**

## MCT Mayonnaise

- 1/2 tsp (2 ml) sugar
  - 1 store-bought pasteurized egg white\*
  - 1/2 tsp (2 ml) dry mustard
  - 1 cup (250 ml) MCT oil
  - 1/4 tsp (1 ml) salt\*\*
  - 4 tsp (20 ml) vinegar
  - Pinch of pepper
1. Combine sugar, mustard powder, salt, and pepper in a bowl.
  2. Add egg white. Beat well with an electric mixer.
  3. Keep beating and add MCT oil, a little at a time until you have used 1/2 cup.
  4. Add 2 teaspoons of vinegar, and keep beating while adding the rest of the MCT oil a little at a time.
  5. Beat in the last 2 teaspoons of vinegar.
  6. Store in a covered jar in the fridge.

Makes: 1¼ cups

1 tablespoon (15 ml) of MCT mayonnaise =  
12.5 ml MCT oil (100 calories)

## MCT French Dressing

- 1 cup (250 ml) MCT oil
- 1/2 tsp (2 ml) paprika
- 1/3 cup (80 ml) vinegar
- 1/2 tsp (2 ml) dry mustard
- 1 tbsp (15 ml) sugar
- 1 clove garlic, minced
- 1/4 teaspoon (1 ml) salt\*\*

1. Combine all ingredients in a jar.
2. Cover tightly and shake well. Chill for several hours, until cold.
3. Shake again before serving.

Makes: 1 1/3 cups

1 tablespoon (15 ml) MCT French dressing =  
11.2 ml MCT oil (90 calories)

## MCT Italian Dressing

- 1/2 cup (125 ml) MCT oil
  - 1/8 teaspoon (pinch) paprika
  - 1½ tbsp (25 ml) vinegar
  - 1/8 tsp (pinch) pepper
  - 1½ tsp (7 ml) lemon juice
  - 1/4 tsp (1 ml) salt\*\*
  - 1/2 clove garlic, minced
1. Combine all ingredients in a jar.
  2. Cover tightly and shake well. Chill for several hours, until cold.
  3. Shake again before serving.

Makes: 3/4 cup

1 tbsp MCT Italian dressing = 11.9 ml MCT oil  
(95 calories)

## MCT White Sauce

- 2 tbsp (30 ml) MCT oil
  - 1/4 tsp salt (1 ml)\*\*
  - 2 tbsp flour (30 ml)
  - 1/8 tsp pepper (pinch)
  - 1 cup hot skim milk (250 ml)
  - 1/4 tsp dry mustard (1 ml)
1. Heat MCT oil over low heat.
  2. Slowly add flour to make a paste. Stir constantly until it bubbles.
  3. Slowly add milk, stirring constantly. Cook until thick and smooth.
  4. Cool, then add salt, pepper, and dry mustard. Serve over meats and vegetables.

Makes: 2, 1/2 cup servings (125 ml each)

Each 1/2 cup serving = 15 ml MCT oil  
(120 calories)

## **MCT Brown Sauce**

- 2 tbsp (30 ml) MCT oil
  - 1/4 tsp (1 ml) salt\*\*
  - 2 tbsp (30 ml) flour
  - 1/8 tsp (pinch) pepper
  - 2 tbsp (30 ml) onion, minced
  - 1 cup (250 ml) vegetable stock
1. Cook onions in MCT oil until soft.
  2. Add flour and brown over low heat, stirring constantly.
  3. Slowly add vegetable stock, stirring constantly. Cook until thick and smooth.
  4. Add salt and pepper. Serve hot over meats, vegetables, dumplings, or as gravy over potatoes.

Makes: 2, 1/2 cup servings (125 ml each)

Each 1/2 cup serving = 15 ml MCT oil  
(120 calories)



## **MCT Baked Fish**

1. Coat each 4 oz serving of white fish (like cod, sole, haddock, or perch) with 2 tsp (10 ml) of MCT oil and crushed corn flakes or breadcrumbs.
2. Bake in a 325<sup>o</sup> F degree oven for 30 minutes.
3. Drizzle with lemon juice and sprinkle with pepper, if desired.

Makes: 1 serving

Each serving = 10 ml MCT oil (80 calories)

## **MCT French Toast**

- 1 egg white
  - 2 slices bread
  - 2 tbsp (30 ml) skim milk
  - 1 tbsp (15 ml) MCT oil
  - 1/4 tsp (1 ml) vanilla
  - Dash of cinnamon
1. Beat together egg white and skim milk.
  2. Add vanilla and cinnamon.
  3. Dip bread into mixture.
  4. Brown in non-stick frying pan coated with MCT oil.

5. Serve with maple syrup, honey, jelly, or powdered sugar.

Makes: 1 serving

Each serving = 15 ml MCT oil (120 calories)

### To order MCT oil:

- Check your local pharmacy to see if they can order 100% MCT oil for you.
- You can also order MCT oil through Shoppers Drug Mart at the Halifax Infirmary.
  - › Phone: 902-473-7300
- **Make sure the product you are buying is 100% MCT oil.** Check that the label does not just say “100% organic”, “100% sourced from coconut”, etc.
- The oil should have 8 to 8.6 kcal per gram of fat. **If it has 9 calories per gram of fat, it is not pure MCT oil.** To check, divide the calories on the nutrition label by the grams of fat. Your answer should be between 8 and 8.6 kcal per gram.
- Also make sure that the grams of fat equals the grams of saturated fat.

