

Adding Flavor, Without Adding Fat

Eating with FCS doesn't need to be bland and tasteless. Use 'flavor agents' to spice things up – flavor agents are wonderful ways to make a meal more enjoyable and can help build complex flavors to excite your mouth. Flavor agents include: herbs, spices, vinegars and other acidic flavors.

HERBS

- Herbs come from the leaves of plants.
- Delicate herbs that tear easily (mint, basil, dill, etc.) pair well with delicate vegetables that bruise easily (tomato, zucchini, asparagus, etc.).



- Hearty herbs that take more effort to break up (sage, rosemary, thyme, etc.) go better with hearty root vegetables (sweet potatoes, rutabaga, carrots, etc.).



SPICES

- Spices come from roots, barks, and seeds -- basically anything that is not a leaf.
- Different cuisines from around the world often have a certain flavor profiles due to what were once only locally-available spices.
- Mastering herbs and spices is easy – and it makes mealtime something to enjoy. When thinking about adding spices to your food, think about the cuisines you like best. Spice up your menu during the week – such as: Taco Tuesday (Mexican spices), Greek Lemon Chicken Wednesday (Skinless Greek Lemon Kabobs with Greek Seasoning, flaked onion, oregano, etc.), or Tandoori Chicklen (coriander, cumin, turmeric and garam masala).



VINEGARS AND OTHER ACIDIC FLAVORS

- Brighten food with vinegar, lime, lemon, and other acids.
- Try a little splash at first, and increase until your taste buds pop. Vinegars each have distinctive personalities, so don't limit yourself to one type.
- Mildly sour rice wine vinegar adds an Asian flavor to dishes
- White balsamic brings bold, pungent, and sweet notes.
- Apple cider vinegar and red wine vinegar make great substitutes for some cooking wines, without the alcohol.



FLAVOR YOUR WATER

- Drinking plenty of water not only decreases the occurrence and severity of pancreatitis, but also keep you feeling fuller. On the other hand, alcohol, sugary soft drinks, and fruit juice cause increases in triglycerides, so avoid drinking those.

Enhance your water's flavor by:

- Adding a few cucumbers, strawberries, or other fruit
- Tossing in a peel of orange zest
- Boiling it with spices (cinnamon stick, cardamom, etc.) then letting it cool (or drink it hot!)
- Dropping in some extracts, like vanilla (but make sure it is alcohol-free)

Bringing it All Together



TRY DIFFERENT PREPARATION METHODS

Delicious dishes usually have a number of different, yet complimentary flavors beyond just the basic ingredients. Using different cooking tools and methods can help achieve greater complexity.

For example:

- Grilling and smoking adds a smoky outdoor flavor to foods.
- Roasting in the oven at high heat adds a crunch to thin-sliced vegetables and potatoes.
- Cutting zucchini with a spiral slicer makes vegetable noodles you can sauté in a little MCT oil.

CREATE FLAVOR PROFILES OF THE TASTES YOU LOVE

After you begin to identify the flavors you love, try mixing and matching herbs, spices, vinegars or MCT Oil (see below). Next time you consider making a classy and quick snack try one of these:

- ‘Pickle’ thinly sliced radishes in rice wine vinegar. Add on top of a portabella mushroom, with a whole wheat bun.
- Squeeze ½ of a lemon, and a splash of white vinegar, on top of a skinless chicken breast. Sprinkle rosemary, dill, oregano, and onions flakes. Broil or grill.
- Bake sweet potato ‘fries’ Serve with malt vinegar and brown mustard. Welcome to London!

MCT Oil – The Only Oil That is Safe for People Living with FCS

MCT oil is a medical-grade food product and the only recommended cooking oil for people with FCS. MCT Oil gives people living with FCS a safe way to make food taste better, without the health risks caused by every other oil, and it is a good source of calories as well.

- MCT stands for medium-chain triglycerides, a form of fatty acid. Case studies suggest that people with FCS may be able to digest the C8 and C10 type of MCTs without the ill effects all other oils have on their bodies.
- MCT oil is almost flavorless, but it provides a satisfying base to mix with other flavors. Use it in salad dressings (as a vinaigrette), sauces (to thicken), and for low-heat recipes. MCT Oil it has a low smoke point, which means it will burn at medium to high temperatures, so it is useful for browning, but not frying.
- It is **IMPORTANT TO REMEMBER:** Almost all other oils – including vegetable, olive, coconut, sesame – are unsafe for people with FCS and can make you very sick.

- Don't mistake refined MCTs for coconut oil, though. Eating coconut oil is very dangerous to people with FCS.
- Talk to your doctor or dietician about the best way to add MCT to your menu. Most people start using a half teaspoon per day so their body can adjust to it, then increase usage slowly. A physician can prescribe MCT oil, which may offset the cost of this important ingredient if you have insurance – just one of the many reasons why it's so important to receive a proper diagnosis of FCS from a doctor.



For more information and resources, please visit fcsfocus.com/nutrition/adding-flavor-without-adding-fat/

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FCS focus