

What is Familial Chylomicronaemia Syndrome (FCS)? People with this condition have a fat digesting fault for which there is no treatment available. Eating any type of fat causes it to build up in their blood, leading to the blood looking creamy white. Among many other symptoms, eating fat can lead to severe abdominal pain and pancreatitis.

The only way people with the condition can stay well is to limit the fat they eat. Many patients need to eat less than 10g to stay well, so it's best to try to keep the amount of fat in any particular dish to a minimum.

Eating out

Being catered for can be a stressful experience because it relies on the person catering to understand how severe the restrictions are and provide a balanced meal based on allowed ingredients and cooked in an appropriate manner.

Catering for people with familial chylomicronaemia syndrome is restrictive, but doesn't mean that good, tasty food can't be prepared. Ideally, larger portions of protein should be provided to compensate for the lack of fat in the meal, and a meal should contain all three food groups.

Please use this resource as a guide to help plan suitable meals. Thank you.

Can eat	How to cook it	Can't eat
<p>Protein options:</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>Steam</p> <p>Microwave</p> <p>Dry roast</p> <p>Griddle (clean griddle pan)</p> <p>Cooked without oils and fats including: olive oil sunflower oil Vegetable oil Coconut oil Margarines Spreads Butter Lard Ghee</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>Carbohydrate options:</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>Without oils and fats 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>Vegetables</p> <p>All vegetables</p> <p>All salad ingredients</p>	<p>Cooked without fat</p>	<p>No nuts or seeds</p> <p>No olives</p>
<p>Dairy</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>Flavourings</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>Deserts</p> <p>Sorbet</p> <p>Fresh fruit salad</p> <p>Jelly</p>		<p>Cakes</p> <p>Biscuits</p> <p>Chocolate</p>
<p>Drinks</p> <p>All low-calorie drinks</p>		<p>Alcohol</p> <p>High sugar drinks</p>