

Medium Chain Triglycerides (MCT) Oil

Notes:

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

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Dietitian: _____

Phone: _____

Medium Chain Triglycerides (MCT) Oil

- You may need to take medium chain triglycerides (MCT) oil if your body has trouble digesting (breaking down) the fat in your food.
- **Do not use MCT oil without talking to your dietitian or primary health care provider (family doctor or nurse practitioner) first.**
- If you take too much MCT oil too quickly, or you take too much at once, you may have:
 - › Nausea (feeling sick to your stomach)
 - › Vomiting (throwing up)
 - › Diarrhea (loose, watery poop)
 - › Stomach cramps
- Ask your dietitian if you need to follow a low-fat meal plan.

Calories:

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

To order MCT oil:

- Check your local pharmacy to see if they can order 100% MCT oil.
- You can also order it 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” or “100% sourced from coconut”.
- The oil should have 8 to 8.6 kcal for each gram of fat. **If it has 9 calories for each gram of fat, it is not pure MCT oil.**
 - › To check, divide the number of calories on the nutrition label by the grams of fat. Your answer should be between 8 and 8.6 kcal per gram.
- Make sure that the grams of fat equal the grams of saturated fat.

MCT French Toast

- 1 egg white
 - 2 Tbsp (30 ml) skim milk
 - ¼ tsp (1 ml) vanilla
 - ½ tsp cinnamon
 - 2 slices bread
 - 1 Tbsp (15 ml) MCT oil
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)

How to use MCT oil:

- Start with 1 teaspoon (5 ml) 3 to 4 times a day. This helps your stomach get used to the oil.
- After taking MCT oil for **at least 7 days (1 week)**, you can start to raise the amount slowly to 1 tablespoon (15 ml) 3 to 4 times a day. **Do not take more than this amount.**
- Keep MCT oil in a cool, dry place. Make sure the cap is 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, or fruit).
- Try MCT oil in salad dressings and sauces.

MCT recipes

***It is not safe to use raw eggs in drinks or uncooked salad dressings or sauces. Always use store-bought, pasteurized egg whites.**
****If you are on a low-sodium (low salt) meal plan, leave the salt out of these recipes.**

Homemade mayonnaise and homemade oil and vinegar salad dressings may be stored in a covered jar in the fridge for up to 3 days.

MCT French Dressing

- 1 cup (250 ml) MCT oil
- ½ tsp (2 ml) paprika
- ⅓ cup (80 ml) vinegar
- ½ tsp (2 ml) dry mustard
- 1 Tbsp (15 ml) sugar
- 1 clove garlic, minced
- ¼ tsp (1 ml) salt**

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

Makes: 1⅓ cups

1 Tbsp (15 ml) MCT French dressing = 11.2 ml MCT oil (90 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 °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)

What are your questions?

Please ask a member of your health care team. We are here to help you.

MCT Brown Sauce

- 2 Tbsp (30 ml) onion, minced
- 2 Tbsp (30 ml) MCT oil
- 2 Tbsp (30 ml) flour
- 1 cup (250 ml) vegetable stock
- ¼ tsp (1 ml) salt**
- ⅛ tsp (pinch) pepper

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, or dumplings, or as gravy over potatoes.

Makes: 2, ½ cup servings (125 ml each)

Each ½ cup serving = 15 ml MCT oil (120 calories)

MCT Mayonnaise

- ½ tsp (2 ml) sugar
- ½ tsp (2 ml) dry mustard
- ¼ tsp (1 ml) salt**
- ⅛ tsp (pinch) pepper
- 1 store-bought, pasteurized egg white*
- 1 cup (250 ml) MCT oil
- 4 tsp (20 ml) vinegar

1. Combine sugar, dry mustard, salt, and pepper in a bowl.

2. Add egg white. Beat well with an electric mixer.

3. Keep beating while adding MCT oil, a little at a time, until you have used ½ cup.

4. Add 2 teaspoons of vinegar. 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 Tbsp (15 ml) MCT mayonnaise = 12.5 ml MCT oil (100 calories)

MCT Italian Dressing

- ½ cup (125 ml) MCT oil
- ⅛ tsp (pinch) paprika
- 1½ Tbsp (25 ml) vinegar
- ⅛ tsp (pinch) pepper
- 1½ tsp (7 ml) lemon juice
- ¼ tsp (1 ml) salt**
- ½ 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: ¾ cup

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

MCT White Sauce

- 2 Tbsp (30 ml) MCT oil
- 2 Tbsp (30 ml) flour
- 1 cup (250 ml) hot skim milk
- ¼ tsp (1 ml) salt **
- ⅛ tsp (pinch) pepper
- ¼ tsp (1 ml) dry mustard

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, ½ cup servings (125 ml each)

Each ½ cup serving = 15 ml MCT oil (120 calories)