

Easy Meal Ideas

Yogurt Parfait

Mix one packet of MCTprocal with your favorite permitted yogurt and top with fruit or cereal.

Breakfast Scramble

Pour egg whites into a bowl and season to taste. Add one packet of MCTprocal to the egg mixture and beat until combined. Cook eggs in a nonstick pan until fluffy. Also try adding your favorite veggies or low-fat cheese.

Chicken or Tuna Salad

Mix one packet of MCTprocal with at least 2 tablespoons of plain low-fat yogurt or salad dressing. Combine mixture with cooked chicken or tuna and season to taste. Add to a vegetable salad or make a sandwich.

Creamy Soup

Stir MCTprocal into your favorite warm soup.

Pasta or Pizza Sauce

Mix one packet of MCTprocal with at least 2 tablespoons of permitted sauce. Use the sauce as a pasta topping, or to make your own pizza.

Quesadilla Roll

Mix a few table spoons of refried beans with 1 tablespoon water and one packet of MCTprocal. Spread on a tortilla and top with cheese. Microwave to desired temperature, roll and enjoy!

Creamy Side Dishes

Add one packet of MCTprocal to one serving of mashed potatoes, pasta or rice. For mashed potatoes, simply stir in MCTprocal. For already cooked pasta or rice, add 1–2 tablespoons of water or skim milk and stir in MCTprocal. Season to taste.

MCTprocal[®]

Mixing Ideas



Vitaflo[™]

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USE UNDER MEDICAL SUPERVISION

Be sure to check with your healthcare professional before making changes to your diet.
Not suitable for addition to fruit juice.

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MCTprocal is a medium chain triglyceride (MCT) based powder for the dietary management of disorders of long chain fatty acid oxidation, fat malabsorption, and other disorders requiring a high MCT, low long chain triglyceride (LCT) diet.

Suitable from 3 years of age.

What makes MCTprocal different?

- Convenient and easy to use pre-measured packets providing 10 g of MCT
- May be used in cooking and baking
- May be used to fortify enteral formula with a source of MCT
- Neutral taste



Simple Mixing Ideas

MCTprocal can easily be mixed into everyday suitable foods and drinks with minimal change in the taste or texture.

Mix one packet of MCTprocal to one serving of the following suggestions:

Apple Sauce

Skim Milk

Pudding

Low-fat Yogurt

Coffee or Hot Chocolate

Flavored or Plain Water

For more MCTprocal recipe ideas visit VitafloUSA.com