

# Tips for Turning a Non-FCS-Friendly Recipe into an FCS-Friendly Recipe

## 1. Remove All Added Fats

- **Eliminate or replace:**
  - » Oil (olive, vegetable, coconut, etc.)
  - » Butter, margarine
  - » Cream, half-and-half
  - » Cheese, mayo, pesto
- **Swap with:**
  - » Broth, water, or vegetable stock
  - » Applesauce or mashed fruit (for baking)
  - » Fat-free yogurt, fat-free cottage cheese, fat-free cream cheese, fat-free cheese

## 2. Change the Cooking Method

Avoid frying, roasting with oil, or sautéing in fat.

### Use instead:

- » Steaming
- » Boiling or simmering
- » Baking on parchment or silicone mats
- » Air-frying only if no oil is used

## 3. Choose Very-Lean Proteins

### Replace high-fat proteins with:

- » Skinless chicken breast or lean ground turkey
- » Ground turkey breast (99% lean) or skinless turkey breast
- » Egg whites
- » Very low-fat fish
- » Tofu (check label)

## 4. Read the labels on carbohydrate choices

- » Watch for added fat in pre-prepared rice or instant potatoes
- » Whole grains often have higher amounts of fat than their refined alternatives. Check the label to ensure whole grain options fit within prescribed fat limits.

## 5. Load Up on Vegetables

### (Prepared Without Oil or Butter)

- » Fresh
- » Frozen vegetables without added sauces
- » Roasted dry or steamed
- » Use herbs, spices, vinegar, citrus for flavor
- » Avoid vegetables prepared in oil or butter.

## 6. Replace Fat with Flavor

### Instead of fat, use:

- » Garlic, onion, shallots
- » Vinegar (balsamic, rice, apple cider)
- » Citrus juice and zest
- » Spices, chili flakes, pepper
- » Mustard (fat-free varieties)
- » Nutritional yeast (cheesy flavor)
- » Reduced sodium soy sauce
- » Worcestershire sauce

## 7. Modify Baking Recipes Carefully

### Replace:

- » Butter/oil → applesauce, mashed banana, pumpkin purée
- » Whole eggs → egg whites or egg substitute
- » Whole milk → fat-free milk or low-fat plant-based milk
- » Texture changes are expected. Keep experimenting with recipes until they work for you.

## 8. Watch Hidden Fat Sources

### Common sneaky fats:

- » “Healthy” oils
- » Nuts and seeds
- » Coconut products
- » Avocado
- » Chocolate
- » Store-bought sauces and dressings
- » Always check labels.

## 9. Think “Deconstructed”

### Instead of adapting the whole recipe:

- » Strip it down to safe components
- » Rebuild with FCS-friendly ingredients

### Example: Creamy pasta

plain pasta + vegetables + broth-based sauce

Add broth-based sauce with fat-free Greek yogurt or fat-free cottage cheese for creaminess

## 10. Recalculate Fat Per Serving

### After modifications:

- » Recheck nutrition labels
- » Divide total fat by servings
- » Adjust portions if needed
- » Small amounts add up fast