

Common FCS-Friendly Swaps for High-Fat Foods

Proteins

- **Instead of: Higher fat meats (beef, pork, sausage, bacon, salami)**
Choose: Skinless chicken breast or ground chicken breast, skinless turkey breast or 99% lean ground turkey, very lean deli turkey (fat-free)
- **Instead of: Whole eggs**
Choose: Egg whites or liquid egg substitute
- **Instead of: oily fish (salmon, mackerel, trout)**
Choose: White, flaky fish that's low in fat (mahi mahi, cod, tilapia, Alaskan sole, shrimp)

Dairy

- **Instead of: Whole milk, cream, half-and-half**
Choose: Fat-free milk, unsweetened or low sugar oat milk, fat-free evaporated milk
- **Instead of: Cheese**
Choose: Fat-free cheese or nutritional yeast for flavor
- **Instead of: Regular yogurt**
Choose: Fat-free yogurt or fat-free Greek yogurt
- **Instead of: Cottage cheese or cream cheese**
Choose: Fat-free cottage cheese or fat-free cream cheese

Grains & Starches

- **Instead of: Butter croissants, pastries, biscuits**
Choose: Plain bread, English muffins, bagels, rice cakes *Note: whole wheat products may have higher amount of fat. Check food labels.
- **Instead of: Fried potatoes or chips**
Choose: Baked or air-fried potatoes (no oil), pretzel thins
- **Instead of: Creamy pasta dishes (ex: alfredo, cream sauce, vodka sauce, butter sauce)**
Choose: Pasta with tomato sauce, fat-free marinara, or broth-based sauces

Fruits & Vegetables

- **Instead of: Vegetables cooked in oil or butter**
Choose: Steamed, boiled, roasted without oil, or air-fried without oil *All fresh vegetables or frozen vegetables without sauces are a great choice!
- **Instead of: Fruit with added sugar**
Choose: Fresh or frozen fruit without added sugar, or fruit canned in 100% fruit juice (drain the juice before serving)

Fats & Oils

- **Instead of: Butter, margarine, oils, mayonnaise**
Choose: Broth, vinegar, lemon juice, mustard, pureed beans for creamy sauces
- **Instead of: Nut butters**
Choose: powdered peanut butter (reconstitute with skim milk or water), fruit spreads

Snacks & Sweets

- **Instead of: Cookies, cakes, chocolate, ice cream**
Choose: Fat-free gelatin, fat-free pudding, sorbet, fruit pops, angel food cake
- **Instead of: Nuts & seeds**
Choose: Air-popped popcorn (no oil), pretzels, rice crackers

Helpful Tips for FCS Patients

- Even the fat in cooking spray can add up quickly. One serving is usually ¼ second spray. In general, most people with FCS may not be able to use cooking spray. If using, wipe off any excess spray.
- Watch portion sizes—fat adds up quickly
- Read labels carefully, even on “healthy” foods
- Stick with foods that are **grilled, baked, steamed, air fried, or boiled** (no added fat)