

FCS-Friendly Shopping List

A Practical Guide for Very Low-Fat Grocery Shopping

This shopping list is designed for individuals following a Familial Chylomicronemia Syndrome (FCS) dietary pattern, which requires strict fat restriction—typically 10–20 grams of total fat per day.

Always check Nutrition Facts labels for every product. When in doubt, choose items with 0 grams of fat per serving, and consult your lipid clinic dietitian before introducing new foods.

Proteins (Very Lean Options)

- Skinless chicken breast (fresh or frozen, trimmed of all fat)
- Extra-lean ground turkey breast (confirm “breast” and ≥98% lean)
- Well-trimmed pork tenderloin
- White fish: cod, haddock, pollock, tilapia, sole, flounder
- Light canned tuna in water (drain thoroughly)
- Shellfish: shrimp, scallops, crab, lobster (steamed or boiled, not breaded)
- Egg whites (cartons) or fat-free egg substitute
- Canned chicken breast in water
- Very lean deli turkey or ham (verify <1g fat per slice)
- Defatted powdered peanut butter (small amounts only, if approved by dietitian)

Dairy Products (Fat-Free Only)

- Fat-free milk (regular or ultra-filtered)
- Fat-free plain yogurt (Greek or regular, unsweetened preferred)
- Fat-free cottage cheese
- Fat-free ricotta cheese
- Fat-free cheese slices or fat-free shredded cheese
- Fat-free sour cream
- Fat-free cream cheese
- Fat-free frozen yogurt or sugar-free frozen desserts (check labels carefully)

Grains and Starches

- 100% whole-wheat bread (no seeds, nuts, or added oils)
- Whole-grain English muffins or bagels (fat-free varieties)
- Fat-free whole-grain crackers or rice cakes
- Old-fashioned or quick oats (plain, unsweetened)
- Unsweetened whole-grain cereals (oat squares,

shredded wheat, puffed rice)

- Brown rice, white rice, wild rice
- Quinoa, farro, barley, bulgur
- Whole-wheat pasta or yolk-free egg noodles
- Air-popped popcorn (plain, no oil or butter)
- Corn tortillas (check for fat-free varieties)

Vegetables (Unlimited Variety)

- Leafy greens: lettuce, spinach, kale, arugula, bok choy
- Cruciferous: broccoli, cauliflower, Brussels sprouts, cabbage
- Root vegetables: carrots, beets, turnips, radishes
- Squashes: zucchini, yellow squash, spaghetti squash, butternut squash
- Peppers: bell peppers (all colors), jalapeños, banana peppers
- Tomatoes (fresh, canned crushed, canned diced—no oil added)
- Green beans, asparagus, celery, cucumber
- Onions, garlic, shallots, leeks
- Eggplant, okra, mushrooms
- Frozen vegetable blends without sauces or seasonings
- Canned vegetables in water (rinse to reduce sodium)

Fruits (Portion-Controlled)

- Fresh: apples, oranges, clementines, grapefruit, berries, grapes, melons, bananas, pears, peaches, nectarines, plums, kiwi
- Frozen fruit without added sugar
- Canned fruit in water or “no sugar added” juice (not heavy syrup)
- Dried fruit in very small portions (high in concentrated sugars)

Note: Limit fruit juice (no more than 1/2 cup suggested) and dried fruit (no more than small handful suggested), as concentrated sugars can raise triglycerides.

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FCS-Friendly Shopping List (Continued)

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Legumes and Beans

- Dried: lentils (red, green, brown), black beans, pinto beans, kidney beans, white beans, split peas
- Canned beans in water or labeled fat-free (rinse before use)
- Fat-free refried beans

Beverages (No Fat, Low or No Sugar)

- Water (plain, sparkling, or flavored without sugar)
- Unsweetened tea (hot or iced)
- Black coffee
- Sugar-free flavored drinks or diet beverages
- Fat-free milk (counted in daily dairy servings)
- Sugar Free Syrups

Snack Ideas

- Fresh vegetables with fat-free salsa or yogurt-based dip
- Rice cakes or fat-free crackers with mustard, salsa, or thin layer of fat-free cream cheese
- Fresh fruit with fat-free yogurt
- Air-popped popcorn seasoned with herbs or nutritional yeast
- Fat-free frozen fruit pops (homemade from blended fruit)
- Fat-free pretzels (small portions, watch sodium)
- Celery sticks with fat-free cottage cheese
- Hard-boiled egg whites

Shopping Strategies

- **Read every label:** Never assume a product is fat-free based on appearance or brand. Always verify.
- **Plan meals in advance:** Create a weekly meal plan and corresponding shopping list to avoid impulse purchases.
- **Batch cook and freeze:** Prepare large batches of FCS-friendly meals (soups, casseroles, grilled chicken) and freeze portions for convenience.
- **Keep safe snacks on hand:** Stock up on pre-portioned snacks to prevent reaching for high-fat options when hungry.
- **Communicate with your dietitian:** Bring new product labels to appointments for review and approval.

Emergency Preparedness

- Keep shelf-stable FCS-safe foods on hand: canned tuna in water, fat-free crackers, canned vegetables, instant oatmeal packets, dried fruit.
- Pack portable snacks when traveling: rice cakes, fruit, fat-free pretzels, single-serve fat-free yogurt cups.
- Store emergency contact information for your lipid clinic and dietitian in your phone and wallet.