Medium Chain Triglycerides (MCT) in Your Diet
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You may need to take medium chain triglycerides (MCT) if you have trouble digesting or absorbing regular fat in food.

MCT oil should be used under the guidance of a dietitian or doctor.

Side effects such as nausea, vomiting, diarrhea, and abdominal (stomach) cramping may happen if MCT oil is increased too quickly, or if too much is taken at once.

Ask your dietitian if you need to follow a low fat diet.

Calorie content:
5 mL MCT oil = 4.75 grams fat (39 calories)
15 mL MCT oil = 14.25 grams fat (115 calories)
How to use MCT oil:
For best tolerance, start with 1 teaspoon (5 mL) 3 to 4 times a day. Slowly (over a week or more), increase to a maximum of 1 Tablespoon (15 mL) 3 to 4 times a day.

- MCT oil should always be kept in a cool, dry place with the cap screwed on tightly after each use.
- For best results, use glass or metal measuring and mixing tools.
- MCT oil can be added to beverages or mixed into your food at meals. Add flavorings if desired, e.g., coffee, vanilla, almond, cocoa, fruit flavoring.
- Try MCT oil in salad dressings and sauces, or take it from a measured spoon like cough syrup.
- More ideas for using MCT follow in the recipe section.
MCT recipes

Please note:

*It is not safe to use raw egg in a drink recipe or an uncooked dressing. In these cases, it is recommended to use commercial pasteurized egg whites.

**If you have been advised to follow a sodium-restricted diet, leave the salt out of these recipes.

MCT mayonnaise

› ½ teaspoon sugar (2 mL)
› 1 egg white (pasteurized product)*
› ½ teaspoon dry mustard (2 mL)
› 1 cup MCT oil (250mL)
› ¼ teaspoon salt (1 mL)**
› 4 teaspoons vinegar (20 mL)
› Pinch of pepper

Combine sugar, mustard powder, salt, and pepper in a bowl. Add egg white. Beat well with an electric mixer. Continue beating and add MCT oil, a little at a time until ½ cup is used. Add 2 teaspoons vinegar, and continue beating, while adding the rest of the MCT oil a little at a time. Beat in last 2 teaspoons of vinegar. Store in a covered jar in refrigerator. Makes 1-¼ cups.

• 1 Tablespoon (15 mL) of MCT Mayonnaise = 12.5 mL MCT oil (98 calories)
MCT French dressing
› 1 cup MCT oil (250 mL)
› ½ teaspoon paprika (2 mL)
› 1/3 cup vinegar (80 mL)
› ½ teaspoon dry mustard (2 mL)
› 1 Tablespoon sugar (15 mL)
› 1 clove garlic, minced
› ¼ teaspoon salt (1 mL)**

Measure all ingredients into a jar. Cover tightly and shake well. Chill several hours. Shake again before serving. Makes 1 + 1/3 cups.

• 1 Tablespoon (15 mL) MCT French dressing = 11.2 mL MCT oil (87 calories)

MCT Italian dressing
› ½ cup MCT oil (125 mL)
› 1/8 teaspoon paprika (pinch)
› 1 ½ Tablespoons vinegar (25 mL)
› 1/8 teaspoon pepper (pinch)
› 1 ½ teaspoons lemon juice (7 mL)
› ¼ teaspoon salt (1 mL)**
› ½ clove garlic, minced

Measure all ingredients into a jar. Cover tightly and shake well. Chill several hours. Shake again before serving. Makes ¾ cup.

• 1 Tablespoon MCT Italian dressing = 11.9 mL MCT oil (93 calories)
MCT white sauce

- 2 Tablespoons MCT oil (30 mL)
- ¼ teaspoon salt (1 mL)**
- 2 Tablespoons flour (30 mL)
- 1/8 teaspoon pepper (pinch)
- 1 cup hot skim milk (250 mL)
- ¼ teaspoon dry mustard (1 mL)

Heat MCT oil over low heat; slowly add flour to make a paste. Stir constantly until it bubbles. Slowly add milk, stirring constantly, and cook until thick and smooth. Cool; add salt, pepper, and dry mustard. Serve over meats and vegetables. Makes two ½ cup (125 mL) servings.

• Each ½ cup serving = 15 mL MCT oil (117 calories)
MCT brown sauce

› 2 Tablespoons MCT oil (30 mL)
› ¼ teaspoon salt (1 mL)**
› 2 Tablespoons flour (30 mL)
› 1/8 teaspoon pepper (pinch)
› 2 Tablespoons minced onion (30 mL)
› 1 cup (250 mL) vegetable stock

Heat MCT oil and cook onions until softened. Add flour and brown over low heat, stirring constantly. Slowly add water, stirring constantly. Cook until thick and smooth. Add salt and pepper. Serve hot over meats, vegetables, or dumplings, or as gravy over potatoes. Makes two ½ cup (125 mL) servings.

• Each ½ cup serving = 15 mL MCT oil (117 calories).
**MCT baked fish**

Coat each 4 ounce serving of cod, sole, haddock, or perch with 2 teaspoons (10 mL) MCT oil and crushed cornflakes or breadcrumbs. Bake in a 325 F degree oven for 30 minutes. Drizzle with lemon juice and sprinkle with pepper if desired. Makes 1 serving.

Each serving = 10 mL MCT oil (78 calories)

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**MCT french toast**

1 egg white
2 slices bread
2 Tablespoons skim milk (30 mL)
1 Tablespoon MCT oil (15 mL)
¼ teaspoon vanilla (1 mL)
Dash of cinnamon


Each serving = 15 mL MCT oil (117 calories)
To order MCT oil:
Call Nestlé Nutrition at 1 (866) 224-1060 or (902) 473-7096 from Monday to Friday
Location: Halifax, Nova Scotia
Price: $50.00 to $60.00 for 946 mL bottle
Delivery outside of Nova Scotia: $25.00 to $30.00
Requires 1 day notice, and you will need to give your credit card number.

If you have any questions, please ask.
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Prepared by: Food and Nutrition Services
Designed by: Capital Health Library Services, Patient Education Team
Printed by: Dalhousie University Print Centre

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LC85-0354 Revised April 2014
The information in this pamphlet is to be updated every 3 years.