

MCTprocal™

Easy to add into
everyday life!



MCTprocal™ is a Food for Special Medical Purposes and must be used under medical supervision.

What is MCTprocal?

Why is there a need for a different type of fat in your child's diet?

We all require fat in our diet for energy. The types of fats found in our normal diet are not suitable for some individuals because of their medical condition. Therefore they require a special diet, supplemented with medium-chain triglyceride (MCT).

MCT is a different type of fat that will provide an alternative energy source. MCT is added to MCTprocal.

Introducing MCTprocal

MCTprocal is...

- A neutral-tasting powdered source of MCT.
- It is easy to mix into the diet every day.
- It has little effect on taste, texture or volume of the food and drink.

MCTprocal...

It's convenient and easy to use

- Available in pre-measured sachets.
- No mess - No need to measure or weigh out powder.
- Fits in well with your child's needs, activities and plans outside the home.

Each sachet provides 10g of MCT

- Making it easy to achieve the daily MCT requirement.

Mixes easily with many allowed foods & drinks

- Can be simply added into everyday foods & drinks.
- Can also be used in cooking & baking without affecting taste.

MCTprocal contains milk (milk protein).

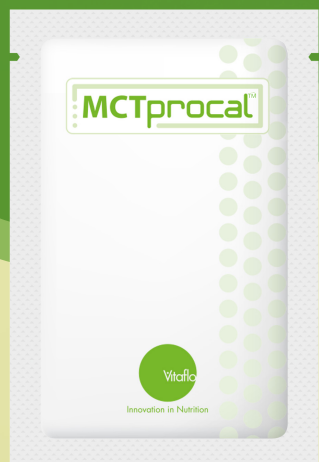
Great for
school and
sport

It's
simple

1 sachet

MCTprocal™

10g MCT



MCTprocal is easy to use

MCTprocal is **simple to add** into the diet at **every mealtime**.
It can **easily be mixed** into everyday suitable foods and drinks with **minimal change in the taste or texture**.

**NOT
SUITABLE
with fruit
juice
as it may
curdle**

**Mix one sachet (10g MCT) per serving
with suitable fat-free foods & drinks...**

- Water / Skimmed milk / Glucose drinks
- Porridge
- Fat-free yoghurt / Mousse / Custard
- Soup / Mashed potato / Pasta
- Hot & cold puddings

**Stir well
with fork
until the
powder has
dissolved**

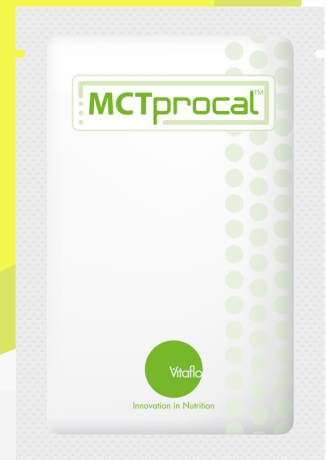
**Easy to
cook
with!**



If you take MCTprocal before exercise try these ideas:

Mix one sachet with your usual amount of...

- Flavoured water
- Squash
- Glucose drinks
- Carbonated drinks
(Do not shake - just stir)



Serving suggestions + Top tips

Quick 'n' easy ways to use MCTprocal every day

Use **MCTprocal** as directed by your dietitian or doctor.

Breakfast ideas

Mix one sachet to one serving of the following suggestions.



Drink

Add one sachet of MCTprocal to water or skimmed milk and mix or shake until dissolved. Drink straight away.

or

Add to suitable cereal or porridge.



Creamy breakfast porridge

In a pan measure 200ml cold water or skimmed milk and add one sachet of MCTprocal.

Mix in 35g porridge oats / 1 individual sachet of oats and stir. Simmer for 5 minutes.

To serve, drizzle honey over hot porridge or slice a banana for a more filling meal.

Tip:

Try adding a handful of frozen raspberries or other preferred berries to the porridge and simmer for a few minutes until the berries start to soften.

Delicious!

Extra tips for adults:

Mixes well with tea & coffee.



Yoghurt

Mix one sachet of MCTprocal into any fat-free yoghurt and enjoy.

or

Pour the MCT yoghurt over fruit & berries or suitable breakfast cereal.

Tip:
Great for
pitta breads
& tortillas!

Quick 'n' easy lunches



Tasty sandwich and baked potato fillers

Chicken

Take a portion of cooked, sliced or diced allowed white chicken meat.

Mix one sachet of MCTprocal with 1-2 tablespoons of fat-free Greek yoghurt or suitable fat-free salad dressing and mix well.

Combine the meat and dressing.

Season to taste.



Tuna/ Crab

Mix one sachet of MCTprocal with drained tinned tuna or white crab meat in spring water.

Add a little cold water or fat-free milk to moisten the mixture if preferred.

Season to taste.



Low-fat cottage cheese

Mix one sachet of MCTprocal into a portion of allowed low-fat cottage cheese.

Mix well and season to taste.



Your favourite soup

Add one sachet of MCTprocal to any suitable hot or cold soup and mix well.

Tip:

Try squeezing fresh lemon juice over the tuna and crab fillers for extra flavour.

Top Tip:

Add some herbs such as fresh or dried chives, dill or parsley for flavour and chopped peppers and spring onions for extra crunch. To make these fillers a bit creamier you can add 1-2 tablespoons of fat-free fromage frais, fat-free Greek/ natural yoghurt or your fat-free salad dressing. Mix well.

Serving suggestions + Top tips

No-fuss main meals



Mashed potato

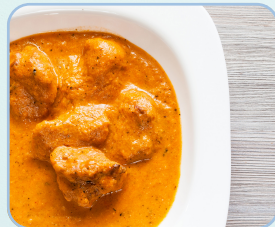
Add one sachet of MCTprocal to one serving of hot mashed potato and mix well.



Pasta

Mix one sachet of MCTprocal with one serving of cooked & drained pasta.

Enjoy with your favourite pasta sauce!



Casseroles / Curries

Mix one sachet of MCTprocal with any allowed casserole or curry until dissolved.



Gravy / Sauce

Mix one sachet of MCTprocal into one serving of any suitable gravy/ sauce until dissolved and use straight away.

No
separation
of oil.

Satisfying snacks and puddings



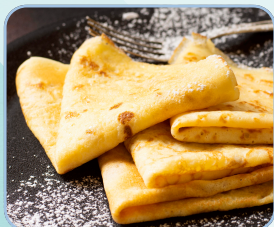
Mix one sachet of MCTprocal with one serving of fat-free:

Yoghurt
Custard
Mousse
Fromage frais



Add one sachet of MCTprocal to fat-free:

Smoothie
Lassi
Milkshake



Pancakes

Add one sachet of MCTprocal into one serving of allowed fat-free pancake batter and cook on a non-stick frying pan.

Serve with your favourite suitable topping.



Tip:

Pour over fruit, berries, suitable pies & cakes

MCTprocal can be used in baking too



Just add MCTprocal to flour, mix well and follow the rest of the recipe as normal.

Bake as usual.



**Recipe books
available on
request!**

My MCTprocal & How I like it

How to take MCTprocal

Your dietitian or doctor will have calculated the daily amount of MCTprocal that will be required. This is dependent on the age, weight and medical condition.

The amount of MCTprocal required may alter over time. Your dietitian or doctor will review this and advise you on any necessary changes.

Use MCTprocal as advised by your dietitian or doctor

Daily amount = sachet/s
of MCTprocal per day.

Mix one sachet of MCTprocal with
any allowed hot or cold food or drink.

(See serving suggestions on previous pages).

Comments:

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Simple ideas of foods & drinks
I can add my MCTprocal to:

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If you have any further questions regarding MCTprocal please contact your dietitian or doctor.



Who are Vitaflo™?

Vitaflo are experts at making products for people with special dietary needs.
For over 20 years we have been working closely with leading metabolic hospitals and most importantly you, the families, to develop the best possible products to suit your lifestyle needs.

MCTprocal is for the dietary management of disorders of long-chain fatty acid oxidation and other disorders where a high MCT fat, low LCT fat supplement is required. Suitable for use from 3 years of age onwards. MCTprocal is not suitable for use as a sole source of nutrition.



Enhancing Lives Together
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