**MCT Disclaimer**

The following recipe cards provide nutrition information for the total fat and calories per serving in each recipe. The total fat includes ling chain fats, which are the fats commonly found in foods. Some foods do contain a small amount of MCT but this is not reported separately from the total grams of fat reported on the bottom of each card. The amount of MCT from the **MCT Procal** is given separately and should be provided based on an individual’s diet prescription.

**MCT Procal**

Each sachet adds:
10 grams of MCT and 0.1 grams of LCT
105 calories
Each sachet equals 16 grams of powder.

**Supported in part by: Vitaflo USA**

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Breakfast Parfait

Prep Time: 15 minutes

This is a fast, healthy breakfast. Put it in a plastic cup, grab a plastic spoon, and go! To get your child involved, have them spoon the layers in or pick out their favorite kind of yogurt.

Nutrition Facts (per parfait)

Fat Grams: 0.41        MCT Grams: 10
Calories: 105 plus 100 calories from MCT Procal
Yield: 1 Parfait
1 Sachet MCT Procal = 1 Parfait
Breakfast Parfait

Ingredients:

- 1/2 cup strawberries
- 1/2 cup fat free yogurt
- 1/2 tsp honey
- 1 sachet MCT Procal
- 2 tbsp Frosted Flakes, crushed

Method of Preparation:

Wash strawberries, slice. Mix MCT Procal and honey into yogurt. In a cup, alternate spooning in layers of strawberries and yogurt. Add crushed cereal on top.

Oatmeal

Prep Time: 5 minutes  
Cook Time: 3 minutes

Oatmeal is a very healthy way to start the day. This recipe is adaptable to whatever fruit you have on hand or what your child likes best!

Nutrition Facts (per bowl)

- Fat Grams: 1.58
- MCT Grams: 10
- Calories: 185 plus 100 calories from MCT Procal

Yield: 1 Bowl of Oatmeal

1 Sachet MCT Procal = 1 Bowl of Oatmeal
## Oatmeal

### Ingredients:
- ¼ cup Quaker Oats®
- ¾ cup apple juice
- 1 sachet MCT Procal
- ¼ cup blueberries

### Method of Preparation:
Mix quick oats, apple juice, and MCT Procal in a microwave safe bowl. Microwave on high for 2 ½ - 3 minutes. Add blueberries. Stir well. Serve.

## Banana Honey Sandwich

### Prep Time: 10 minutes

This easy sandwich is a good recipe for older children to make on their own.

### Nutrition Facts (per sandwich)
- Fat Grams: 1.97
- MCT Grams: 10
- Calories: 343 plus 100 calories from MCT Procal

**Yield:** 1 Sandwich

1 Sachet MCT Procal = 1 Sandwich
**Banana Honey Sandwich**

**Ingredients:**
- 2 tbsp honey
- ½ tsp water
- 1 sachet MCT Procal
- 1 banana, sliced
- 2 slices fat free sandwich bread (Wonder® Bread Lite)

**Method of Preparation:**
Mix MCT Procal with water. Add honey, microwave for 5 seconds, stir well. Spread mixture on one slice of bread. Arrange banana slices on top of the honey mixture. Top with final slice of bread.

**Quesadilla**

**Prep Time:** 5 minutes  
**Cook Time:** 2 minutes

This is a quick snack children 5 and up can even make for themselves! If you have a little extra time, it can also be heated up in a skillet for extra crunch!

**Nutrition Facts (quesadilla):**
- Fat Grams: 1.0  
- MCT Grams: 10  
- Calories: 246 plus 100 calories from MCT Procal

**Yield:** 1 Quesadilla  
1 Sachet MCT Procal = 1 Quesadilla
Quesadilla

Ingredients:

1 fat free tortilla, (Mission®)
1 sachet MCT Procal
1 tbsp fat free sour cream
1 tbsp chunky salsa
1/2 cup fat free cheddar cheese

Method of Preparation:

Mix MCT Procal, sour cream and salsa until MCT Procal is dissolved, add the cheese, mix well. Spread the MCT Procal mixture onto the tortilla. Microwave on high for 1 minute, or until insides are melted.

Fold in half, and enjoy!

Apple Cinnamon Bars

Prep Time: 5 minutes  Cook Time: 5 minutes

Try using fun molds or muffin tins to make shaped bars! Add food coloring to make these more colorful!

Nutrition Facts (per bar)

Fat Grams: 0.05  MCT Grams: 10
Calories: 117 plus 100 calories from MCT Procal
Yield: 2 Cereal Bars
1 Sachet MCT Procal = 1 Cereal Bar
Apple Cinnamon Bars

**Ingredients:**

- 1/2 cup Cornflakes®
- 1/3 cup dried apples, chopped
- 1 tsp packed brown sugar
- 1/8 tsp cinnamon
- 1 tsp corn syrup
- 2 sachets MCT Procal
- 1/8 tsp vanilla
- 2 tsp water
- 1/2 cup marshmallows

**Method of Preparation:**

Mix cornflakes and apples in a bowl. Combine brown sugar, cinnamon, corn syrup, MCT Procal, vanilla, water and marshmallows in a microwave safe dish. Microwave on high 30-45 seconds, stirring half way through. Add cereal and apples to mixture. Mix thoroughly. Spread mixture onto waxed paper or greased cookie sheet to cool. Cut and serve.

Ready in a Snap!

Berry Berry Smoothie

**Prep Time:** 10 minutes

A creamy, fizzy treat, great as a snack or dessert.

**Nutrition Facts (per smoothie)**

- Fat Grams: 0.46
- MCT Grams: 10
- Calories: 78 plus 100 calories from MCT Procal
- Yield: 1 Smoothie (1 cup)
- 1 Sachet MCT Procal = 1 Smoothie
**Berry Berry Smoothie**

**Ingredients:**

- ⅓ cup frozen strawberries
- 1 sachet MCT Procal
- ⅓ cup frozen raspberries
- ⅓ cup fat free vanilla yogurt
- ⅓ cup lemon lime soda

**Method of Preparation:**

Put all ingredients into blender. Blend until smooth. Serve.

**Chocolate Milkshake**

**Prep Time:** 10 minutes

A good “on the go” dessert! Any flavor of fat free ice cream can be used.

**Nutrition Facts (per milkshake)**

- Fat Grams: 0.98
- MCT Grams: 10
- Calories: 132 plus 100 calories from MCT Procal
- Yield: 1 Milkshake (1 cup)
  - 1 Sachet MCT Procal = 1 Milkshake
Chocolate Milkshake

Ingredients:

- ¾ cup Fat free chocolate ice cream (Breyers®)
- 1 sachet MCT Procal
- ½ cup skim milk
- ½ tsp brown sugar

Method of Preparation:


Hot Cocoa

Prep Time: 5 minutes  
Cook Time: 10 minutes

Add crushed peppermint candies for a minty twist!

Get your child involved by having them crush the peppermints.

Nutrition Facts (per cup of cocoa)

- Fat Grams: 0.88  
- MCT Grams: 10
- Calories: 192 plus 100 calories from MCT Procal

Yield: 1 cup Hot Cocoa

1 Sachet MCT Procal = 1 Hot Cocoa
Hot Cocoa

Ingredients:

1 sachet MCT Procal
3 tsp cocoa powder
2 tbsp sugar
1 cup skim milk
¼ tsp vanilla

Method of Preparation:

Whisk all ingredients into a medium saucepan, stir constantly over medium heat until sugar, MCT Procal and cocoa are dissolved. If desired, add crushed peppermint candies. Serve.

Orange Creamsicle Smoothie

Prep Time: 10 minutes

A fast drink filled with lots of Vitamin C! A healthy, delicious way to start the day!

Nutrition Facts (per smoothie)

Fat Grams: 0.49    MCT Grams: 10
Calories: 131 plus 100 calories from MCT Procal
Yield: 1 Smoothie (1 cup)
1 Sachet MCT Procal = 1 Smoothie
Orange Creamsicle Smoothie

Ingredients:

1/2 cup orange juice
1 sachet MCT Procal
2 tbsp fat free whipped topping (Cool Whip Free®)
1/4 cup fat free vanilla yogurt

Method of Preparation:

Mix orange juice and MCT Procal until MCT Procal has dissolved. Put all ingredients into blender. Blend until smooth. Serve.

Strawberry Limeade

Prep Time: 10 minutes

Try using frozen strawberries for a slushier drink!

Nutrition Facts (per glass of limeade)

Fat Grams: 0.08  MCT Grams: 10
Calories: 116 plus 100 calories from MCT Procal
Yield: 1 Glass of Limeade
1 Sachet MCT Procal = 1 Glass of Limeade
Strawberry Limeade

Ingredients:

- 1/2 cup frozen strawberries
- 1/2 cup cold water
- 1 sachet MCT Procal
- 1/8 cup limeade concentrate

Method of Preparation:

Mix in blender until MCT Procal has dissolved. Serve.

Nutrition Facts

- Fat Grams: 0.0
- MCT Grams: 10
- Calories: 49 plus 100 calories from MCT Procal

Yield: Mix for 1 cup Water

1 Sachet MCT Procal = 1 Serving

Water Bottle Mixers

Prep Time: 5 minutes

Shake Time: 30 seconds

Turn plain water into an exciting tasty treat! These are excellent to keep on hand; in the car or in backpacks. They mix in water bottles or sippy cups. They are great for car trips, sports practice or even hiking!
Water Bottle Mixers

Ingredients:

- 1/8 tsp drink mix (Kool-Aid®, etc.)
- 1 tbsp sugar
- 1 sachet MCT Procal

Method of Preparation:

Mix together MCT Procal, sugar and drink mix. Place in a plastic sandwich baggie. Add mixture to 1 cup water when desired and shake well!*

*Shake every few (3) minutes to prevent separation, or to mix in separated MCT Procal.

Nutrition Facts

- Fat Grams: 
- MCT Grams: 
- Calories: 
- Yield: 
  1 Sachet MCT Procal = 

Ready in a Snap!
Ingredients:

Method of Preparation:

Nutrition Facts

Fat Grams: MCT Grams:
Calories:
Yield:
1 Sachet MCT Procal =

Ready in a Snap!
Ingredients:

Method of Preparation:

Nutrition Facts

Fat Grams: MCT Grams:
Calories:
Yield:
1 Sachet MCT Procal =
Ingredients:

Method of Preparation:

Ready in a Snap!

Takes a Little Time
Breakfast Burrito

Prep Time: 15 minutes  Bake Time: 10 minutes

Get creative with what you wrap up in your burrito try adding steamed vegetables or different kinds of fat free cheese!

Nutrition Facts (per burrito)

Fat Grams: 1.9  MCT Grams: 10
Calories: 248 plus 100 calories from MCT Procal
Yield: 1 Burrito
1 Sachet MCT Procal = 1 Burrito
Breakfast Burrito

**Ingredients:**

1 fat free tortilla, (Mission®)
2 tbsp egg whites
1 tsp water
1 sachet MCT Procal
1 tbsp fat free green chile (505 Green Chile Sauce®)
2 tbsp fat free frozen hash browns (Ore-Ida®)
2 tbsp fat free cheddar cheese

**Method of Preparation:**

Whisk together egg whites, water, MCT Procal and green chile. Add hash browns. Cook in a non stick pan over medium heat until eggs are cooked. Spoon onto tortilla, and top with cheese. Roll up and enjoy!

Breakfast Egg Sandwich

**Nutrition Facts (per sandwich)**

- Fat Grams: 1.5
- MCT Grams: 10
- Calories: 230 plus 100 calories from MCT Procal

**Yield:** 1 Sandwich

1 Sachet MCT Procal = 1 Sandwich
Breakfast Egg Sandwich

**Ingredients:**
- 2 slices fat free bread
- 2 tbsp egg whites
- 1 tsp water
- 1 sachet MCT Procal
- 1 slice fat free American cheese
- 1 fat free veggie burger (Boca®) (optional)

**Method of Preparation:**

Heat veggie burger according to directions. Whisk egg whites, water and MCT Procal together, cook in a skillet over medium heat until egg whites are cooked. On one slice of bread place veggie burger, then cheese slice, add egg white mixture on top, place second slice of bread on top. Place in sandwich maker, cook for 5 minutes.

*Cook in sandwich maker, 5 minutes.*

Takes a Little Time!

French Toast Sticks

**Prep Time:** 10 minutes  **Cook Time:** 15 minutes

French Toast Sticks freeze well. They can be reheated in either the microwave or toaster. These are great for toddlers in the car, since they don’t require syrup!

Mix the vanilla and the cinnamon first. The alcohol in the vanilla will dissolve the cinnamon, so it incorporates into the mix and doesn’t float on the top.

**Nutrition Facts (per 4 sticks)**
- **Fat Grams:** 0.68
- **MCT Grams:** 10
- **Calories:** 101 plus 100 calories from MCT Procal

**Yield:** 8 Sticks
- 1 Sachet MCT Procal = 4 Sticks
**French Toast Sticks**

**Ingredients:**
- 2 slices fat free bread
- ¼ tsp vanilla
- ¼ tsp cinnamon
- 2 sachets MCT Procal
- ⅛ cup skim milk
- ½ tbsp egg whites
- 1 tbsp sugar
- ½ tbsp syrup

**Method of Preparation:**
Heat a non-stick skillet to medium heat, in a medium bowl. Mix vanilla and cinnamon, add the MCT Procal, skim milk, egg whites, sugar and syrup. Whisk together. Dip each slice of bread into the batter. If there is any batter left over, soak the bread slices longer, ensuring all the batter is soaked up. Place slices one at a time onto preheated skillet, flip after 5 minutes, or when the bottom is brown, cook 5 minutes more. Cut into strips, serve.

**Nutrition Facts (per 2 pancakes)**
- Fat Grams: 0.32
- MCT Grams: 10
- Calories: 169 plus 100 calories from MCT Procal
- Yield: 4 (3”) Pancakes
- 1 Sachet MCT Procal = 2 Pancakes

---

**Pancakes**

**Prep Time:** 10 minutes  
**Cook Time:** 15 minutes

The pancakes freeze well. Freeze some so that when you don’t have time to make them fresh, you can just pull them out of the freezer! Microwave to heat up.

Try adding a sachet of MCT Procal to 2 Tbsp of jelly, and rolling the jelly up in pancakes.
Pancakes

**Ingredients:**

- 1/3 cup flour
- 2 sachets MCT Procal
- 2 tsp sugar
- 1/2 tsp baking powder
- pinch salt
- 1/3 cup skim milk
- 1 tbsp syrup
- 1 tbsp applesauce

**Method of Preparation:**

Combine dry ingredients (flour, MCT Procal, sugar, baking powder and salt). Add skim milk, syrup and applesauce to bowl. Whisk until smooth. Pour enough batter to make a 3” pancake onto a hot skillet. Flip carefully after bubbles have appeared in the center of the pancake (about 5 minutes). Cook for 5 minutes more, until both sides are golden brown.

---

**Corn Dog Muffins**

**Prep Time:** 10 minutes  
**Cook Time:** 20 minutes

Freeze these after they have been cooked and reheat in either the microwave or the oven. Serve with ketchup, mustard, or another favorite condiment!

**Nutrition Facts (per muffin)**

- Fat Grams: 1.0          MCT Grams: 10
- Calories: 130 plus 100 calories from MCT Procal

**Yield:** 1 Corn Dog Muffin

1 Sachet MCT Procal = 1 Corn Dog Muffin
Corn Dog Muffins

**Ingredients:**

- 1 fat free hot dog
- 2 tbsp water
- 1 sachet MCT Procal
- 3 tbsp fat free corn muffin mix

**Method of Preparation:**

Mix water, MCT Procal and fat free corn muffin mix together. Cut hot dog into tiny pieces, add to mix. Lightly spray a muffin tin with cooking spray. Pour batter into muffin tin. Bake at 400˚ F for 20 minutes.

Bake at 400˚ F for 20 minutes.

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Pizza Pockets

**Prep Time:** 15 minutes  **Cook Time:** 15 minutes

These pizza pockets take a little more time, but they freeze well. Prepare as directed, but do not bake. Freeze and remove as needed, bake at 350˚ F for 12 minutes.

**Nutrition Facts (per burrito)**

- Fat Grams: 0.49
- MCT Grams: 10
- Calories: 117 plus 100 calories from MCT Procal

**Yield:** 4 Pizza Pockets

1 Sachet MCT Procal = 4 Pizza Pockets
Pizza Pockets

Ingredients:
- 4 wonton wrappers
- 1 tbsp fat free pizza sauce
- 1 sachet MCT Procal
- ½ stalk green onion, sliced
- 1 tbsp fat free mozzarella cheese
- 2 tsp canned mushrooms, sliced
- 1 tbsp egg white

Method of Preparation:
Blend pizza sauce, MCT Procal, green onion, cheese and mushrooms. Drop by spoonfuls onto center of wonton wrappers. Fold wrappers in half, seal well. Brush tops with egg whites, poke a small hole on top. Place on a non stick cookie sheet. Bake at 350° for 15 minutes.

Bake at 350° for 15 minutes.

Potato Nuggets

Prep Time: 10 minutes  Cook Time: 20 minutes

Have your children help by letting them crush the cornflakes, they can also help coat the nuggets by rolling them in the cornflakes!

Nutrition Facts (per 4 nuggets)
- Fat Grams: 0.31
- MCT Grams: 10
- Calories: 156 plus 100 calories from MCT Procal
- Yield: 8 Nuggets
- 1 Sachet MCT Procal = 4 Nuggets
**Potato Nuggets**

**Ingredients:**
- 4 tbsp fat free instant mashed potatoes
- 2 sachets MCT Procal
- 1 tbsp green onion, chopped
- 4 tbsp fat free cheddar
- pinch salt and pepper
- ¼ tsp taco seasoning
- ¼ tsp ranch seasoning
- 7 tbsp water
- 1 tbsp egg whites
- ¼ cup Corn flakes®, crushed

**Method of Preparation:**
Mix mashed potatoes with MCT Procal, green onions, cheddar, salt, pepper, taco and ranch seasonings, water and egg whites.

Divide into 1” balls. Roll each ball in corn flakes. Place on a greased cookie sheet. Bake at 350° F for 20 minutes.

**Takes a Little Time!**

**Tortilla Roll-ups**

**Prep Time:** 15 minutes  
**Chill Time:** 20 minutes

These are fun snacks that children 5 and up can make almost by themselves!

**Nutrition Facts (per 3 pieces)**
- Fat Grams: 0.95  
- MCT Grams: 10  
- Calories: 111 plus 100 calories from MCT Procal  
- Yield: 6 Pieces  
- 1 Sachet MCT Procal = 3 Pieces
**Tortilla Roll-ups**

**Ingredients:**

1 fat free tortilla  
2 sachets **MCT Procal**  
2 tsp water  
2 tbsp fat free cream cheese  
2 tbsp fat free sour cream  
1/4 cup fat free cheddar cheese, shredded  
1 tsp garlic salt  
1 tbsp fat free green chile  
(505 Green Chile Sauce®)  
1/4 each red pepper, sliced

**Method of Preparation:**

Mix **MCT Procal**, water, fat free cream cheese, fat free sour cream, fat free cheddar cheese, garlic salt and fat free green chile. Spread evenly over whole tortilla, lay slices of red pepper along the length of the tortilla. Roll tortilla tightly, wrap tightly with Saran Wrap®. Refrigerate for 20 minutes. Slice into 6 equal slices, serve.

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**Soft Sugar Cookies**

**Prep Time:** 10 minutes  
**Bake Time:** 15 minutes

These sugar cookies are a great “grab and go” dessert. Fat free buttermilk is what makes them so soft. The acidity in buttermilk acts as a natural tenderizing agent.

**Nutrition Facts (per 2 cookies)**

- Fat Grams: 0.54  
- **MCT Grams:** 10  
- Calories: 193 plus 100 calories from **MCT Procal**  
- **Yield:** 4 Cookies  

1 Sachet **MCT Procal** = 2 Cookies
Soft Sugar Cookies

Ingredients:

- ¼ tsp  vanilla
- ¼ cup sugar
- 5 tbsp fat free buttermilk
- 1 tbsp egg whites
- ¼ cup flour
- 2 sachets MCT Procal
- pinch salt
- ⅛ tsp baking powder

Method of Preparation:

Combine vanilla, sugar, buttermilk and egg whites, in a separate bowl combine flour, MCT Procal, salt and baking powder. Mix together. Put dough in the freezer for 5 minutes. Drop one at a time onto a cookie sheet. Bake for 15 minutes at 350° F for 15 minutes.

Bake at 350° F for 15 minutes.

Nutrition Facts

Fat Grams: MCT Grams:
Calories: Yield:
1 Sachet MCT Procal =
Ingredients:

Method of Preparation:

Nutrition Facts

Fat Grams: MCT Grams:
Calories:
Yield:
1 Sachet MCT Procal =

Takes a Little Time!
Ingredients:

Method of Preparation:

Prep Time:  
Cook Time:  

Nutrition Facts

Fat Grams:   
MCT Grams: 
Calories: 
Yield: 
1 Sachet MCT Procal =
Worth the Wait

Pumpkin Raisin Mini Muffins
Egg Rolls
Granola Bars
Ranch Crackers
Fudge Brownies
Fudgesicles
Jigglers
Juicy Popsicles
Mini Pies

These delicious muffins freeze well, so make a double batch when you have the time, pop some in the freezer, and pull them out as needed. Allow 30 minutes defrost time. The MCT Procal in these muffins actually helps them to rise and brown better!

Prep Time: 15 minutes  
Cook Time: 20 minutes

Nutrition Facts (per 2 muffins)

Fat Grams: 0.28  
MCT Grams: 10
Calories: 136 plus 100 calories from MCT Procal
Yield: 4 Mini Muffins
1 Sachet MCT Procal = 2 Mini Muffins
Pumpkin Raisin Mini Muffins

**Ingredients:**

- ¼ cup angel food cake mix
- pinch nutmeg
- pinch cinnamon
- pinch cloves
- 1 tsp fat free buttermilk
- ¼ cup canned pumpkin
- 1 tbsp unsweetened applesauce
- 2 sachets MCT Procal
- 1 tbsp raisins

**Method of Preparation:**

In a medium bowl combine nutmeg, cinnamon, cloves, buttermilk, pumpkin, applesauce, MCT Procal and raisins. Mix well.

Add angel food cake mix. Blend. Spoon all the batter into a mini muffin tin, bake at 350° F for 20 minutes.

**Bake at 350° F for 20 minutes.**

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Egg Rolls

**Prep Time:** 30 minutes  
**Cook Time:** 15 minutes

These egg rolls have a lot of flavor and brown best if they are flipped during cooking!

**Nutrition Facts (3 egg rolls)**

- **Fat Grams:** 0.42  
- **MCT Grams:** 10  
- **Calories:** 133 plus 100 calories from MCT Procal

**Yield:** 3 Egg Rolls  
1 Sachet MCT Procal = 3 Egg Rolls

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*Worth the Wait!*
Egg Rolls

**Ingredients:**

- 3 wonton wrappers
- 1 sachet MCT Procal
- 1/2 tsp stir fry seasoning (Kikkoman®)
- 1 tsp water
- 1 tsp soy sauce
- 2 tbsp grated carrots
- 2 tbsp bean sprouts, sliced
- 1 tbsp green onions, chopped
- 1 tsp egg whites

**Method of Preparation:**

Combine MCT Procal, stir fry seasoning, water, and soy sauce. Whisk well. Spray a small pan with non-fat cooking spray. Add egg whites, when they are cooked, add vegetables and cook until crisp tender (about 3 minutes). Reduce heat. Add MCT Procal mix, bring to a boil. Cool. Spoon onto wrappers, wrap and seal by gently wetting edges with wet fingers. Place on a non-stick cookie sheet, spray tops with cooking spray. Bake at 425°F for 12 minutes, flipping halfway through.

_Bake at 425°F for 12 minutes._

Granola Bars

**Prep Time:** 30 minutes  
**Bake Time:** 35 minutes

For chewier bars, add 2 extra tablespoons of applesauce. This is a great recipe for children to help with, they will love mixing the dough with their hands!

Try using fun molds or muffin tins to make shaped granola bars!

_Worth the Wait!_

**Nutrition Facts (per 1 bar)**

- **Fat Grams:** 0.74  
- **MCT Grams:** 10  
- **Calories:** 180 plus 100 calories from MCT Procal  
- **Yield:** 4 Granola Bars  
- 1 Sachet MCT Procal = 1 Granola Bars
**Granola Bars**

**Ingredients:**

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Ingredient</th>
</tr>
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<tbody>
<tr>
<td>2/3 cup</td>
<td>rolled oats</td>
</tr>
<tr>
<td>4 tsp</td>
<td>honey</td>
</tr>
<tr>
<td>2 tbsp</td>
<td>packed brown sugar</td>
</tr>
<tr>
<td>1/8 tsp</td>
<td>cinnamon</td>
</tr>
<tr>
<td>2 tbsp &amp; 2 tsp</td>
<td>flour</td>
</tr>
<tr>
<td>2 tbsp</td>
<td>raisins</td>
</tr>
<tr>
<td>4 sachets</td>
<td>MC T Procal</td>
</tr>
<tr>
<td>1/8 tsp</td>
<td>salt</td>
</tr>
<tr>
<td>1 tbsp</td>
<td>egg whites</td>
</tr>
<tr>
<td>1 tbsp</td>
<td>applesauce</td>
</tr>
<tr>
<td>1/4 tsp</td>
<td>vanilla</td>
</tr>
</tbody>
</table>

**Method of Preparation:**

Mix together oats and honey. Spread out on a non-stick baking sheet and cook at 350˚ F for 9 minutes, stirring half way through. Remove from oven and allow to cool for 15 minutes.

In a large bowl, mix together the oats, brown sugar, cinnamon, flour, raisins, MC T Procal, and salt. Make a well in the center, and pour in the egg whites, applesauce and vanilla. Mix well using your hands. Pat the mixture evenly into a muffin tin sprayed with cooking spray.

**Bake at 325˚ F for 20 minutes,** until the bars begin to turn golden at the edges.

**Worth the Wait!**

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**Ranch Crackers**

**Prep Time:** 10 minutes  
**Cook Time:** 35 minutes

These crackers are great for hiking, lunch boxes, afternoon snacks... they go where you go with ease!

**Nutrition Facts (per 10 crackers)**

- **Fat Grams:** 0.15  
- **MCT Grams:** 10  
- **Calories:** 134 plus 100 calories from MC T Procal

**Yield:** 20 Crackers  
1 Sachet MC T Procal = 10 Crackers
Ranch Crackers

**Ingredients:**

- ¼ cup flour
- ⅛ cup water
- 1 tbsp egg white
- ½ packet fat free ranch dip mix
- 2 sachets MCT Procal

**Method of Preparation:**

Mix all ingredients together, knead until well mixed. Place dough between two sheets of waxed paper (sprayed with cooking spray), roll until it is 10 in diameter. Place a non-stick cookie sheet and bake for 35 minutes. Remove from oven and immediately slice into 20 crackers, being careful not to burn yourself.

_Bake at 250° F for 35 minutes._

**Nutrition Facts (per brownie)**

- Fat Grams: 1.21
- MCT Grams: 10
- Calories: 159 plus 100 calories from MCT Procal
- Yield: 4 Brownies
- 1 Sachet MCT Procal = 1 Brownie

_Fudge Brownies_

**Prep Time:** 10 minutes  
**Cook Time:** 35 minutes

These brownies are rich and fudgy and make a great dessert for picnics! Bake these in a muffin tin so all the brownies are the same size.
Fudge Brownies

**Ingredients:**

- ¼ cup fat free mayo
- ¼ cup canned beets
- ¼ cup cocoa powder
- ½ cup sugar
- 2 tbsp egg whites
- 4 sachets MCT Procal
- ½ tsp vanilla
- ¼ cup flour

**Method of Preparation:**

Preheat oven to 350° F. In a food processor puree the beets and mayo. Mix cocoa powder, sugar, egg whites, MCT Procal, vanilla, pureed beets and mayo in a medium bowl, mix well. Add flour, blend until just mixed. Pour into a muffin tin, should make 4 brownies.

*Bake at 350° F for 35 minutes.*

**Worth the Wait!**

Fudgesicles

**Prep Time:** 10 minutes  
**Cook Time:** 20 minutes

Great treats for sunny summer afternoons, or even cloudy winter ones. Treats on a stick, that go where you go!

*Fun Pops Freezer Pop Mold makes 2.5 oz popsicle molds

**Nutrition Facts (per popsicle):**

- Fat Grams: 0.0  
- MCT Grams: 10  
- Calories: 40 plus 100 calories from MCT Procal  
- Yield: 1 (2.5oz)* Popsicle  

1 Sachet MCT Procal = 1 Popsicle
Fudgesicles

Ingredients:

1 tbsp fat free instant chocolate pudding mix
1 sachet MCT Procal
1/4 cup skim milk

Method of Preparation:

Mix MCT Procal with dry pudding mix. Add milk. Beat all ingredients together for 5 minutes. Pour into Popsicle mold, freeze 4 hours or overnight.

Jigglers

Prep Time: 10 minutes  Chill Time: 3 hours

These treats are fun for all ages! Use any kind of Jell-O that your child likes!

Pour into a regular sized muffin tin to get the correct yield.

Nutrition Facts (per 2 jiggers)

Fat Grams: 0.0  MCT Grams: 10
Calories: 84 plus 100 calories from MCT Procal
Yield: 8 Jigglers
1 Sachet MCT Procal = 2 Jigglers
Jigglers

Ingredients:

1 box strawberry banana Jell-O®
4 sachets MCT Procal
1 cup boiling water

Method of Preparation:

Combine MCT Procal and water. Bring to a boil. Pour dry Jell-O® into a medium bowl. Pour boiling water in. Whisk well. Pour into molds and refrigerate, stirring every 10 minutes for half an hour. Refrigerate until set, about 2 hours.

Juicy Popsicles

Prep Time: 15 minutes    Freeze Time: 4 hours

To make creamier bars, add a ¼ cup of fat free yogurt in place of the limeade!

*Lickety sip ice pop maker makes 3 oz popsicle molds

Worth the Wait!

Nutrition Facts (per popsicle)

Fat Grams: 0.12    MCT Grams: 10
Calories: 91 plus 100 calories from MCT Procal
Yield: 2 (3oz)* Popsicles
1 Sachet MCT Procal = 1 Popsicle
Juicy Popsicles

Ingredients:

- 1/4 cup strawberries
- 2 sachets MCT Procal
- 1/4 cup limeade concentrate
- 1/2 cup orange juice

Method of Preparation:

Blend all ingredients together in blender of food processor. Pour into popsicle molds. Freeze and enjoy!

Nutrition Facts (per 2 pies)

- Fat Grams: 0.52
- MCT Grams: 10
- Calories: 146 plus 100 calories from MCT Procal
- Yield: 4 Pies
- 1 Sachet MCT Procal = 2 Pies

Worth the Wait!

Mini Pies

Prep Time: 15 minutes  Bake Time: 20 minutes

To freeze: prepare and bake as directed, then pop them in the freezer. Pull 2 out as you need them and bake at 425° F for 10 minutes, for that just baked freshness!
Mini Pies

Ingredients:
- 8 wonton wrappers
- 2 sachets MCT Procal
- 4 tbsp fruit pie filling
- 1 tbsp egg white
- 2 tsp sugar
- 1 tsp cinnamon

Method of Preparation:
Combine MCT Procal, and pie filling. Spoon 1 tablespoon onto 4 of the wonton wrappers. Using your fingers wet the edges of wrapper and press a second wrapper on top. Seal by pressing o the edges with the back of a fork. Brush the tops of the pie with egg white and sprinkle with cinnamon and sugar. Poke a tiny hole in the top. Bake for 20 minutes at 425° F, flip after 10 minutes.

Bake at 425° F for 20 minutes.

Nutrition Facts

Worth the Wait!
Ingredients:

Method of Preparation:

Nutrition Facts

Fat Grams: MCT Grams:
Calories:
Yield:
1 Sachet MCT Procal =

Worth the Wait!
Ingredients:

Method of Preparation:

Nutrition Facts

Fat Grams: MCT Grams:
Calories:
Yield:
1 Sachet MCT Procal =

Worth the Wait!
Quick Ideas and more!

Nutrition Facts

Fat Grams: MCT Grams:
Calories:
Yield:
1 Sachet MCT Procal =
Quick Ideas and More!

Burritos
Cheesy Noodles
Grilled Cheese
Soup
SpaghettiO’s®

Side Dishes
Baked Beans
Cheesy Vegetables
Coleslaw
Garlic Bread
Refried Beans

Dessert
Frosting
Fruit
Mousse

Easy Dips
Yogurt Dip
Chili Cheese Dip
Cottage Cheese Dip
Pizza Dip
Ranch Dip
Taco Dip

Quick Ideas

Burritos
1 sachet MCT Procal + 1/4 cup refried beans.*
Mix well. Spread on fat free tortilla, sprinkle with fat free cheese.

Cheesy Noodles
2 tsp skim milk + 1 sachet MCT Procal + 1/4 cup 98% fat free broccoli cheese soup.
Mix well. Pour over prepared pasta.

* Remember to pick the fat free or lowest fat product available.
Quick Ideas

**Grilled Cheese**

\[ \frac{1}{2} \text{ tsp skim milk} + 1 \text{ sachet MCT Procal} + 1 \text{ slice fat free American cheese.} \]

Microwave for 10 seconds. Mix well. Spread on 1 slice fat free bread, top with a second piece of bread and heat on skillet.

**Soup**

1 sachet MCT Procal + \( \frac{1}{2} \) cup of your favorite fat free soup.*

Mix well. Garnish with fat free cheese or baked tortilla chips.

*Amy’s Organics® makes good fat free soups

**SpaghettiO’s®**

1 sachet MCT Procal + \( \frac{1}{2} \) cup SpaghettiO’s®.

Mix well and heat according to directions.
**Baked Beans**
1 tsp water + 1 sachet MCT Procal + ¼ cup fat free baked beans.

Mix well and enjoy!

**Cheesy Vegetables**
2 tsp skim milk + 1 sachet MCT Procal + 1 slice fat free American cheese.

Mix well. Microwave for 10 seconds, pour over your favorite steamed or raw veggies.
Side Dishes

Coleslaw
2 tsp water + 1 sachet MCT Procal + ¼ cup fat free coleslaw
Mix well and enjoy!

Garlic Bread
2 tsp water + 1 sachet MCT Procal + ½ tsp fat free butter spray* + garlic powder.
Spread onto 1 slice fat free bread and put in toaster oven.

Refried Beans
1 tsp water + 1 sachet MCT Procal + ¼ cup fat free refried beans.
Mix well and sprinkle with fat free cheese.

* Try I Can’t Believe Its Not Butter* Fat Free spray.
**Frosting**

1 tsp water + 1 sachet **MCT Procal** + 1 tbsp fat free frosting.*

Mix and spread on your favorite fat free cupcake.

**Fruit**

1 tsp skim milk + 1 sachet **MCT Procal** + 1/4 cup fat free Cool Whip®.

Mix and spoon onto fresh bananas and strawberries.

* Try Betty Crocker® Home Style Frosting Mix, Fluffy White.
Mousse

\[
\frac{1}{4} \text{ cup skim milk} + 1 \text{ Sachet } \textit{MCT Procal} + 1 \text{ tbsp fat free pudding mix.}
\]

Mix well and add \( \frac{1}{4} \) cup fat free Cool Whip®.
**Yogurt Dip**

1 tsp water + 1 sachet MCT Procal + 2 tbsp fat free vanilla yogurt + 2 tsp honey.

Mix well and dip apples or other fruits.

**Chili Cheese Dip**

1 tsp water + 1 sachet MCT Procal + 1 tbsp fat free chili + 1 slice fat free American cheese.

Mix and microwave 20 seconds. Dip baked tortillas, pretzels, or veggies.
Easy Dips

**Cottage Cheese Dip**
1 tsp water + 1 sachet MCT Procal + 2 tbsp fat free cottage cheese + 1 tsp onion soup mix.*
Mix well and dip your favorite steamed or fresh veggies.

**Pizza Dip**
2 tsp water + 1 sachet MCT Procal + 1 tbsp fat free pizza sauce + 1 slice fat free American cheese.
Mix and microwave for 10 seconds. Dip crackers or chips.

**Ranch Dip**
½ tsp of water + 1 sachet MCT Procal + 2 tbsp fat free ranch.
Mix, then dip your favorite raw or steamed veggies.

**Taco Dip**
1 tsp water + 1 sachet MCT Procal + 2 tbsp fat free sour cream + 1 tsp taco seasoning.*
Mix and dip your favorite veggies or baked chips.

*Try Lipton® Onion Soup and Dip Mix

* Try McCormicks® taco seasoning
Easy Dips

- Condiments and More!
**Condiments and More!**

**It’s All About Choices**

**More Helpful Hints**

**Ways to Make Family Favorites Low Fat**

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## Adding MCT Procal to foods you already eat!

<table>
<thead>
<tr>
<th>Start with…</th>
<th>Dissolve in…</th>
<th>Mix with…</th>
<th>Try</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 sachet MCT Procal</td>
<td>½ tsp water</td>
<td>2 tbsp Ketchup</td>
<td>Putting it on fat free hot dogs</td>
</tr>
<tr>
<td>1 sachet MCT Procal</td>
<td>½ tsp water</td>
<td>2 tbsp Mustard</td>
<td></td>
</tr>
<tr>
<td>1 sachet MCT Procal</td>
<td></td>
<td>2 tbsp BBQ Sauce</td>
<td>Putting it on Veggie Burgers</td>
</tr>
<tr>
<td>1 sachet MCT Procal</td>
<td>½ tsp water</td>
<td>2 tbsp fat free Mayo</td>
<td>Mixing it with potatoes for potato salad</td>
</tr>
<tr>
<td>Start with...</td>
<td>Dissolve in...</td>
<td>Mix with...</td>
<td>Try</td>
</tr>
<tr>
<td>--------------</td>
<td>----------------</td>
<td>-------------</td>
<td>-----</td>
</tr>
<tr>
<td>1 sachet MCT Procal</td>
<td>1/2 tsp warm water</td>
<td>2 tbsp Honey</td>
<td>Mixing it into oatmeal</td>
</tr>
<tr>
<td>1 sachet MCT Procal</td>
<td>1/2 tsp warm water</td>
<td>2 tbsp Soy Sauce</td>
<td>Putting it on rice</td>
</tr>
<tr>
<td>1 sachet MCT Procal</td>
<td>1/4 tsp warm water</td>
<td>2 tbsp Salsa</td>
<td>Dipping baked chips</td>
</tr>
<tr>
<td>1 sachet MCT Procal</td>
<td>1/4 tsp warm water</td>
<td>2 tbsp Relish</td>
<td>Putting it on a fat free hot dog</td>
</tr>
<tr>
<td>1 sachet MCT Procal</td>
<td>2 tbsp Jelly</td>
<td></td>
<td>Spreading on toast or pancakes</td>
</tr>
</tbody>
</table>
Condiments and More!

It’s All About Choices…
Adding MCT Procal to foods you already eat!

<table>
<thead>
<tr>
<th>Start with…</th>
<th>Dissolve in…</th>
<th>Mix with…</th>
<th>Try</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 sachet</td>
<td>MCT Procal</td>
<td>½ tbsp fat free yogurt</td>
<td>Different flavors</td>
</tr>
<tr>
<td>1 sachet</td>
<td>MCT Procal</td>
<td>1 tsp warm water</td>
<td>2 tbsp fat free salad dressing</td>
</tr>
<tr>
<td>1 sachet</td>
<td>MCT Procal</td>
<td>½ tsp skim milk</td>
<td>¼ cup of fat free Cool Whip®</td>
</tr>
<tr>
<td>1 sachet</td>
<td>MCT Procal</td>
<td>1 fruit cup</td>
<td>Putting it on pancakes</td>
</tr>
</tbody>
</table>

More Helpful Hints

- Mix 1 sachet MCT Procal into ½ cup of your favorite fat free pudding
- Mix 1 sachet with ½ cup of fat free milk for your cereal in the morning
- Mix 1 sachet with 3 tbsp chocolate syrup (Hershey’s®), and 1 tsp water microwave it for 10 seconds and have hot fudge on your fat free ice cream
- Mix 1 sachet with ½ cup spaghetti sauce (Hunt’s® or Contadina®) and eat on spaghetti
- Mix 1 sachet with 2 tsp skim milk and mix into ½ cup mashed potatoes
- Mix 1 sachet with 2 tsp fat free chicken broth and add to prepared rice
**Condiments and More!**

**Ways to Make Family Favorites Low Fat**

- Substitute evaporated skim milk for heavy cream
- Replace liquid fat (vegetable oil, melted butter, etc.) in baking recipes with yogurt, applesauce, fat free mayo
- Replace solid fat in baking recipes by using pureed fruits/vegetables (dates, prunes, beets, bananas) pureed black beans, unsweetened applesauce, or use fat free ricotta cheese
- Replace sour cream with fat free plain yogurt
- Bake instead of fry foods
- Replace butter in mashed potatoes and rice by using fat free broth

**Ways to Make Family Favorites Low Fat**

- Replace whole eggs with 2 egg whites. In baking, beat the egg whites and fold them in, this helps to counteract the denseness of fat free baked goods
- Use a soft wheat flour (pastry flour or cake flour) or potato flour in fat free baking, they have less gluten so require less fat of other tenderizing agents
- Replace pie crusts with phyllo dough
Developmental Stages
### Developmental Stages

<table>
<thead>
<tr>
<th>Sources</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 Years of Age</td>
</tr>
<tr>
<td>3-4 Years of Age</td>
</tr>
<tr>
<td>5-6 Years of Age</td>
</tr>
<tr>
<td>7-8 Years of Age</td>
</tr>
<tr>
<td>8-10 Years of Age</td>
</tr>
</tbody>
</table>

### Sources:

http://www.aap.org/healthtopics/stages.cfm

## Developmental Stages

### 2 Years of Age

**Developmental**

- Toddlers are very interested in how things feel and work.
- Supervision! Watch what your child puts in his mouth.
- Toddlers love to imitate their parents, this includes household chores.
- According to the AAP a child of 2 can turn over containers to pour out contents.

**Application in the Kitchen**

- Toddlers enjoy the feel and pliability of Play Doh®. Give them play dough to play with, they may not make anything, but will enjoy playing with it.
- 2 year olds want to do what their parents do in the kitchen, give them appropriate tasks.
- Your 2 year old can help you pour pre-measured liquids and solids.

### 3-4 Years of Age

**Developmental**

- Children in this age group “understand the concept of counting and may know a few numbers.”
- At 3-4 years muscle coordination is developing.
- 3 and 4 year olds “are ready, willing and able to learn about responsibility.”
- Children this age are ready and willing to help, but need a little extra help from you.

**Application in the Kitchen**

- Have them count out the amounts you put in (“one cup of flour… two cups of flour…”).
- They have enough muscle control to be able to wash fruits and vegetables, stir, and mash.
- Make sure your child washes their hands and have them help with clean up as well.
- Break down tasks into small steps, easy to understand steps… like “find the measuring cups.” Do things together first, until child has mastered the task. Mix together, drop cookies onto sheet together.
## Developmental Stages

### 5-6 Years of Age

**Developmental**

Muscle coordination is often uneven, but they are becoming more coordinated. Small muscles are developing rapidly.

Attention span is short, only lasting about 15-20 minutes.

Imagination is in full swing.

**Application in the Kitchen**

Good activities include; measuring ingredients, cutting soft foods with a dull knife, or peeling bananas or boiled eggs, and tossing salads.

Make sure they have tasks that can be completed in short amounts of time. Stirring, measuring, etc.

Give your 5-6 year old dough to sculpt with, let them come up with creative molds for baked goods and let them use cookie cutters to create their favorite shapes.

### 7-8 Years of Age

**Developmental**

Muscle coordination is almost equal with adult coordination.

At this age children want to feel like they are contributing to the family.

**Application in the Kitchen**

They can do things like scoop cookies, beat ingredients with a whisk, and pour muffin and cake mixed into pans.

Give them tasks that help them know they are contributing.
# Developmental Stages

## 8-10 Years of Age

<table>
<thead>
<tr>
<th>Developmental</th>
<th>Application in the Kitchen</th>
</tr>
</thead>
<tbody>
<tr>
<td>Their coordination is very good. They have the ability to do most things. They understand what is happening and they want to contribute.</td>
<td>Use an oven under supervision, use a sharp knife under supervision, and stir sauces. Make sure children are well supervised. Teach them safe kitchen practices. Give them simple recipes that they can do on their own.</td>
</tr>
</tbody>
</table>
MCT Procal

Product Information

- High in medium chain triglycerides
  - 97% MCT per 16g sachet
- Contains protein and carbohydrate
- Can be added to a wide variety of hot or cold food and beverages
- Neutral tasting

**Serving Suggestions***
*Add one sachet per serving*
- Skimmed Milk
- Water
- Juice
- Hot drinks - tea, coffee, & hot chocolate
- Low fat desserts or milky pudding
- Low fat yogurt
- Oatmeal
- Low fat syrup
- Mashed potatoes

* Dosage of MCT Procal™ is to be determined by the clinician or dietitian
### A Neutral Tasting Power Containing Protein, Carbohydrate and Fat High in Medium Chain Triglycerides

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<th>Typical composition of dry powder</th>
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<th>Per 16g sachet</th>
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</tr>
<tr>
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<tr>
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#### Minerals

<table>
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<tr>
<th></th>
<th>mg, (mEq)</th>
<th>mg, (mEq)</th>
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<tr>
<td>Potassium</td>
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<td>100 (2.6)</td>
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<tr>
<td>Chloride</td>
<td>20 (0.6)</td>
<td>3.2 (0.1)</td>
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<tr>
<td>Calcium</td>
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<tr>
<td>Phosphorus</td>
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<tr>
<td>Magnesium</td>
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#### Fatty acids

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<th>Per 100g fatty acids</th>
<th>Fatty acids</th>
<th>Per 100g fatty acids</th>
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<tbody>
<tr>
<td>C6: 0g</td>
<td>1</td>
<td>C18: 0g</td>
<td>0.2</td>
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<td>C8: 0g</td>
<td>54</td>
<td>C18: 1g</td>
<td>0.5</td>
</tr>
<tr>
<td>C10: 0g</td>
<td>39</td>
<td>C18: 2g</td>
<td>0.3</td>
</tr>
<tr>
<td>C12: 0g</td>
<td>0.5</td>
<td></td>
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</tr>
</tbody>
</table>

Contains milk protein and coconut oil

For more information on MCT Procal™ or to place an order, please call 1-888-VITAFLO or visit www.VitafloUSA.com

MCT Procal™ is a Trade Mark of Vitafl International, Ltd.
The Children’s Hospital
Inherited Metabolic Diseases Clinic,
Aurora, Colorado
With Support From VITAFLO