

# FCS snacks for every occasion

If you have familial chylomicronemia syndrome (FCS), snacking takes more thought, so we've put together some FCS-friendly snacks that don't take a lot of time to make. Many of them can be made ahead of time so you can snack at home or on the road.

Ask your dietitian if these will work for you. Use them to inspire your own FCS-friendly quick bites. And discover that variety is, indeed, the spice of life!

## **Creamy Greek yogurt parfait with fresh fruit slices**

Take plain, non-fat Greek yogurt. Whip in some alcohol-free vanilla extract and sliced strawberries or pomegranate seeds. Top with cheerios or shredded wheat – and maybe add another spoonful of fruit.

## **Seasonal fruit smoothie over crushed ice**

Blend ½ cup skim milk, ½ cup non-fat Greek yogurt, ½ cup blueberries and blackberries or other fresh or frozen fruit. Pour over crushed ice.

## **Dippers' delight**

Use non-fat Greek yogurt as a base for one of these:

- chopped chives and garlic
- chopped sun-dried tomatoes and basil
- grated cucumbers with fresh mint leaves

Enjoy this delicious dip with crisp strips of red and yellow peppers sticks, celery, baby carrots, or cherry tomatoes. Or, fill hard-boiled egg whites with the dip for a delicious, nutritious snack that's packed with protein.

## **Mini pizza! (No further adjectives needed. It's pizza.)**

Spread fat-free tomato sauce on a whole wheat, non-fat pita. Top with slices of fresh tomato or chopped stewed tomatoes. Sprinkle on top non-fat mozzarella and oregano. Bake at 400 degrees for 3-4 minutes and enjoy.

## **The cracker stacker**

Go vertical with this snack, taking a brown rice cracker and painting it with reconstituted powdered peanut butter, because powdered peanut butter has up to 90% less fat than traditional peanut butters (check the package though).

Mix the peanut powder with water as directed. Layer on a couple slices of banana and strawberries.

**Warning:** Not for people who have peanut allergies.

## **Popcorn**

Make air-popped, fat-free corn in a microwave, following the instructions on the package. Spice the popcorn up with any of these herbs or spices: dried oregano, dried basil, cinnamon, paprika, or a dash of cayenne pepper.

*The information provided here is for educational purposes only and is not intended as medical advice. Always consult with a qualified healthcare professional before making any changes to your diet or lifestyle.*



\* For more information, resources, and fact sheets, please visit [KnowYourTGs.com](https://www.knowyourtg.com).

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