


Versioning FCS Meals for Non-FCS Eaters



One of the challenges of living with FCS is learning how to cook for *mixed audiences* – where one person has FCS and others do not. It may seem complicated, but it doesn't have to be. With a few simple strategies, you'll easily be able to version meals so that everyone is able to enjoy the same meal.

How versioning works: Spaghetti example

FOR FCS EATER	FOR NON-FCS EATER(S)
Cook and strain whole wheat spaghetti.	
 Toss cooked spaghetti with fat-free tomato sauce .	Toss cooked spaghetti with regular pasta sauce.
Top with fat-free ricotta cheese , and serve.	Top with grated parmesan cheese , and serve.

Nutrition information is of a generalized nature and is for education purposes only. It is not medical advice and should not be construed as such. Always consult your healthcare provider for nutrition plans that are tailored to your unique needs.

Know Your FCS nutrition

Before you think about how to version meals for mixed audiences, take a minute to review core FCS nutrition concepts. People with FCS should consume no more than 20 grams total fat per day, avoid drinking alcohol, and limit simple carbohydrates like white bread, sugar, and fruit juices.¹ For a more complete refresher, read the [FCS Nutrition Basics*](#) fact sheet.

Planning Makes it Easier

Versioning an FCS-friendly meal is a challenge. Don't needlessly complicate the challenge by also improvising the meal. Take the time to plan your first few FCS meals. Start with a grocery list and a game plan, and go from there.

Keep it Simple

The simpler the meal, the easier it will be to version. So, if you're new to FCS cooking, stick with basic recipes until you've got this versioning thing down pat.

Set the Bar

The "bar" concept (like a Taco Bar) is an easy way to version a meal. Prepare all the meal components, set them out, and let everyone help themselves. It's less work for you, and everyone can customize their meal just the way they want it.

Find the Common Ground

Look for ways to enhance meals without having to buy and prep separate ingredients. For example, adding some fresh torn basil to a spaghetti dinner makes it more special for everyone – no versioning required. Plus, everyone gets to experience and enjoy the same aromas and tastes.

Ask for Help

Invite others to help you shop, prep, and cook. Learning about FCS and what it's like for you to live with FCS will help create understanding and connection.

* For more information, resources, and fact sheets, please visit KnowYourTGs.com.

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Batch, Batch, Batch!

No matter how adept you are in the kitchen, versioning means more ingredients to buy, prep, and cook. So, if you're going to version a meal, batch cook extra portions. It won't take much more time, and you'll have versioned meals on hand for when you need them. Just make sure to label stored food accurately!

Cook Meals Everyone Can Eat and Enjoy

Remember, you don't always have to version. Think about Chicken tacos. You use (baked and diced) boneless, skinless chicken, shredded lettuce, fat-free cheese, fat-free sour cream, and salsa. That's a delicious, healthy meal – for everyone.

Congratulations!

If you're even thinking about versioning, it means you're making progress on your FCS nutrition journey. You have a good understanding of FCS nutrition basics. You've learned how to feed yourself healthy FCS meals.

Now you're at a point where you're taking into account the needs other people. You're moving forward. You're learning how to manage FCS. It's not easy. But you're learning how to make it manageable.

You deserve praise. So here it is: **You're amazing.**

Recipes and meal suggestions courtesy of Mary Felando, MS, RDN, CLS, FNLA.

REFERENCES

1. Williams L, et al. Familial chylomicronemia syndrome: Bringing to life dietary recommendations throughout the life span. *J.Clin Lipidol.* 2018;12:908-919.

