

# How many enzymes should I take?

## Enzyme Quick Facts

- Pancreatic enzymes are needed to break down the foods you eat so that your body can absorb them.
- Enzymes work best when taken before or during your meal. But if you forget, you can take them up to 30 minutes after your meal.
- Enzymes are dosed based on the amount of fat in your meal. A meal high in fat would need more enzymes than a meal low in fat.
- You don't need to take enzymes with simple sugars such as juice, candy, pop and fruit.

**Take 1 ECS 8 enzyme for every 4-5 grams of fat you eat. \***

Here are some examples to show how the amount of enzymes you need changes with different meal and snack choices.

## Breakfast Foods

Meal	Amount	Amount of Fat	# of Enzymes
Bagel Peanut Butter Jam	1 small 1 tbsp 1 tsp	1 gram 8 grams 0 grams Total: 9 grams	2 ECS 8
Granola cereal Whole Milk	1 cup ½ cup	6 grams 4 grams Total: 10 grams	2 ECS 8
Cheerios® 2% Milk	1 cup ½ cup	1.5 grams 3 grams Total: 4.5 grams	1 ECS 8
Fried eggs Bacon Hashbrowns Toast with Butter	2 eggs 4 strips 1 cup 2 slices 2 tsp	14 grams 13 grams 20 grams 1 gram 8 grams Total: 56 grams	12-14 ECS 8
Pancakes Syrup	3 small 2 tbsp	3 grams 0 grams Total: 3 grams	1 ECS 8
Coffee with Cream and Sugar Blueberry muffin (from Tim Hortons)	Large 2 tbsp 1 tsp 1 large	0 grams 6 grams 0 grams 11 grams Total: 17 grams	4 ECS 8

\* Some people need more enzymes than others. If you have symptoms, such as greasy, loose stools and weight loss, you can try dosing 1 ECS 8 for every 2-3 grams of fat. If that does not help, do not increase your enzyme dose. Talk to your dietitian or doctor.

### Lunch and Dinner Foods

Meal	Amount	Amount of Fat	# of Enzymes
Grilled cheese: Bread Cheddar cheese Butter	2 slices 1 ounces 2 tsps	2 grams 10 grams 8 grams Total: 20 grams	4-5 ECS 8
Chicken fingers French fries Ketchup	4 large pieces 1 cup 1 tbsp	20 grams 30 grams 0 grams Total: 50 grams	10-12 ECS 8
Pizza (cheese)	3 slices	Total: 30 grams	6-8 ECS 8
Chicken thighs Mashed potatoes Carrots Gravy	2 thighs 1 cup ½ cup ½ cup	18 grams 9 grams 0 grams 7 grams Total: 34 grams	7-9 ECS 8
Soup (cream of mushroom) Garden Salad Salad Dressing	1 cup 2 cups 2 tsps	10 grams 0 grams 14 grams Total: 24 grams	5-6 ECS 8
Macaroni and Cheese (Kraft dinner)	½ box prepared with 2 tbsp butter and ¼ cup whole milk	4 g grams  12 grams 2 grams  Total: 18	4 ECS 8
Chicken Wings	1 pound (10-12 wings)	95 grams	19-24 ECS 8

### Snacks

Snack	Amount	Amount of Fat	# of Enzymes
Boost® pudding	1	9 grams	2 ECS 8
Popcorn (microwave)	½ bag	13 grams	3 ECS 8
Potato Chips	1 small bag	20 grams	4-5 ECS 8
Crackers (soda) Cheese	6 1 ounce	2 grams 10 grams Total: 12 grams	3 ECS 8
Chocolate Chip Cookies	4 medium	9 grams	2 ECS 8

### Beverages

Drink	Amount	Amount of Fat	# of Enzymes
Whole Milk (homo)	1 cup	8 grams	2 ECS 8
Juice (any kind)	1 cup	0 grams	None
Ensure Plus	1	11 grams	2-3 ECS 8
Boost Plus	1	14 grams	3 ECS 8
Scandishake	1	29 grams	6-7 ECS 8

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