

Stay on track with a customizable Fat and Nutrition Tracker.

The amount of fat, carbohydrates, and calories consumed in a day can have a direct impact on the health of people with familial chylomicronemia syndrome (FCS). It can also affect how they feel.

Work with a registered dietitian to come up with daily nutrition goals – and then try to meet them. Instead of trying to remember what you’ve eaten and drank, consider keeping track on something like the Fat & Nutrition Tracker sheet.

Share the results with your dietitian and healthcare provider. Make changes as needed – and celebrate successes.

How to use the Fat Tracker

1. **Write down your goal** (whether fat, carbs, calories, or something else) for the day in grams or calories.
2. **Distribute your daily goal** across meals and snacks.
3. **Record what you eat and drink**, the serving size, and the grams or calories.
4. **Add up grams or calories eaten** during the meal or snack. Compare to goals. Adjust next meal as needed to stay within goal.
5. **At the end of the day, add up the subtotals and record the daily total.** Share periodically with your doctor or dietitian to see if you’re on track!

FCS FAT TRACKER

Daily Fat and Nutrition Tracker

1 My Daily Goal Date: _____

2 Morning HOW DID YOU FEEL TODAY? 😊 😞 😌 😴 😓 😖 😡

FOOD ITEM	SERVING SIZE	GRAMS OF FAT

TOTAL GRAMS OF FAT 4

2 Afternoon HOW DID YOU FEEL TODAY? 😊 😞 😌 😴 😓 😖 😡

FOOD ITEM	SERVING SIZE	GRAMS OF FAT

TOTAL GRAMS OF FAT

2 Evening HOW DID YOU FEEL TODAY? 😊 😞 😌 😴 😓 😖 😡

FOOD ITEM	SERVING SIZE	GRAMS OF FAT

TOTAL GRAMS OF FAT

5 Total Daily Grams of Fat

FCS focus

For more information and resources, please visit fcsfocus.com/nutrition/fat-tracker/.
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