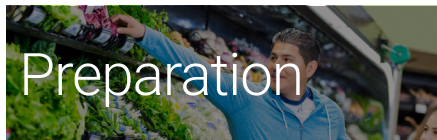


An FCS diet should be about what you **can** eat – not what you can't.

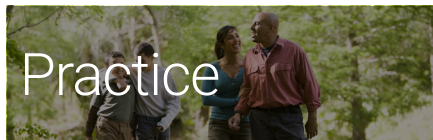
Whether you or a family member has familial chylomicronemia syndrome (FCS), you've probably figured out that nutrition plays a key role in managing the disease. Eating with FCS can be time-consuming, but a safe and healthy FCS lifestyle is easier than you might think. All you need to know are 3 Ps – **Preparation, Practice, and Positivity**.



PLAN FOR YOUR SUCCESS

When you have FCS, it may feel like you're no longer in charge of what you eat. Here are some strategies that will help you take control of your diet and save time with shopping and cooking.

- 1. Work with a dietitian to create an FCS-friendly food plan. Here are some FCS-friendly foods you can enjoy:**
 - leafy greens and colorful vegetables
 - beans, peas, and lentils
 - non-oily white fish, like cod, skate, haddock, or canned tuna in water
 - breast of most poultry (white meat), skinned and trimmed of all fat
 - most shellfish (e.g., shrimp, squid, lobster)
 - whole fruit, except avocado and coconut
 - egg whites
 - fat-free milk, cheese, and plain yogurt
 - Whole grains like 100% whole wheat bread and brown rice
 - herbs and spices
 - water, tea, and coffee
- 2. Become an expert at reading Nutrition Facts food labels** so you know what's inside the package.
- 3. Keep a list of favorite foods.**
- 4. Cook meals for the week ahead** of time on weekends or days off.
- 5. Have healthy snacks ready** for emergencies.
- 6. Make a menu for the week ahead** and have the right ingredients on hand when it's time to cook.
- 7. Read dining-out menus online** so you don't feel pressured to choose at the restaurant.



ADOPT HEALTHY LIFETIME HABITS

Practice makes perfect, and repetition builds routine. Over time, an FCS-friendly lifestyle will become second nature. Here are some habits to get you started.

- 1. Let others know about FCS and how they can help.** To avoid uncomfortable conversations, some FCS patients simply explain that they're "allergic to fat." While it is not quite accurate, it may help others quickly grasp that FCS is a serious condition, and that even a tiny bit of fat can make you sick.
- 2. When it comes to health, it pays to speak up.** Ask for sauces on the side. Remind the chef not to use any oil in cooking. Bring fat-free dressing along for salads.
- 3. Eat smaller, more frequent meals.** Avoid hunger by eating every 2-3 hours.
- 4. Monitor your body's response.** Many FCS-friendly foods are high in fiber. If you are not accustomed to eating this way, increase your intake of veggies, fruits, whole grains and beans gradually, as tolerated.
- 5. Keep a water bottle handy.** Sometimes our bodies interpret dehydration as hunger, so drink lots of water. Staying hydrated may also reduce the risk of pancreatitis.



USE OPTIMISM TO YOUR ADVANTAGE

Instead of dwelling on what you can't eat or can't do, discover and embrace "the can" in life. Here are some positive aspects of maintaining an FCS-friendly lifestyle.

- 1. Spend time cooking with your family or friends.** The National Lipid Association has many resources available online, including FCS friendly recipes you can try to make together.
- 2. Enjoy every mouthful.** Take a bite. Chew slowly. Eating mindfully can create a more satisfying and filling mealtime experience.
- 3. Experiment with new flavors and spices.** Have fun! You may be surprised & find something you enjoy.
- 4. Create new traditions.** As tastes change you will find that favorite FCS-friendly recipes will become family favorites as well.
- 5. Feedback and Support.** Share your successes with your healthcare provider and dietitian.