

# Why nutrition matters to people with FCS.

Being in control of what patients eat and drink is the key to living with familial chylomicronemia syndrome (FCS). But why is nutrition so important?

Let's look at some basic reasons why food and beverages play such an important role in the lives of FCS patients.

## People with FCS can't digest fats.

For people with FCS, eating foods or drinking beverages that are high in fat leads to a dangerous increase of fat in the blood. High levels of fat can cause severe abdominal pain. Continuous high levels may even lead to other health problems, including pancreatitis, a life-threatening, and painful condition.

## Living with FCS is hard, but with an FCS-friendly food plan it is manageable.

Learning to enjoy healthy dietary patterns and developing routines are key. Due to their inability to break down fat, people with FCS must follow a specific food and beverage regimen. It is critical that they eat **no more than 20 grams total fat per day**, spread throughout the day and not all in one big meal. They should **avoid drinking alcohol** and limit simple carbohydrates like sugar, candy, juices, soft drinks, and refined grains like white bread, as these can cause TG levels to rapidly increase to dangerous levels.

## Working with a registered dietitian to get needed nutrients.

People with FCS should talk to a registered dietitian and create a meal plan that provides all the essential nutrients and calories to support growth and development as well as weight management. Dietitians may recommend certain supplements and the use of MCT Oil in food preparation.

## Taking a holistic approach to health.

Holistic care means to treat the "whole person." For people living with FCS it is important to take care of the mind, as well as the body. The focus should be on getting regular exercise and plenty of rest – and choosing nutrition and lifestyle options that promote optimal health, and limit those that worsen the condition.

For more information and resources, please visit [fcsfocus.com/nutrition/eating-with-fcs/](https://fcsfocus.com/nutrition/eating-with-fcs/)

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From top to bottom:  
fresh blueberries, celery  
and carrot sticks with  
fat-free dip, fat-free string  
cheese, fat-free yogurt &  
blackberry smoothies  
with mint garnish