

Take the FCS 10g Fat Challenge*

Rare Disease Day
28th February 2018

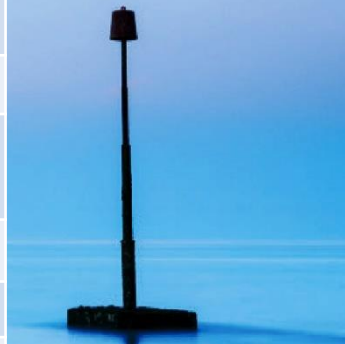
People with FCS (Familial Chylomicronaemia Syndrome) are not able to digest any type of fat. Instead the fat goes into their bloodstream making their blood creamy-white. High levels of fat in the blood cause severe abdominal pain and pancreatitis. There's no effective treatment other than limiting fat intake to as little as 10g per day, and avoiding alcohol is recommended.

Join us on 28th February and challenge yourself to a taster of our life-long daily experience.

What does 10g of fat look like?

(just one of the items below is approx. 10g fat)

1/2 shop-bought cheese and onion sandwich.	2/3 medium avocado.
2 teaspoons olive oil.	3 1/2 walnuts.
25g bag ready salted crisps.	Small fillet of uncooked salmon (fat content varies - checking is vital).
1 1/4 snack-size sausage roll.	2 teaspoons butter/margarine.
2 raw eggs.	2 slices of some seeded breads.
2 1/2 choc digestive biscuits.	Small portion fast-food french fries.



Each time you eat, ask yourself...

- What is this made of?
- Was fat added when it was cooked?
- Can I trust this information?
- If packaged -what is the overall fat content?
- How much fat have I already eaten today?

For more information and help with what you can eat, please see www.lpldalliance.org/get-involved/the-fcs-10g-fat-challenge

Share your experiences with us by tweeting @LpldAlliance and using #ActionFCS #FCS10gChallenge #RareDiseaseDay
Please post on social media and Facebook @LPLD Alliance

- Please seek medical advice if you already have dietary limitations or a prior medical issue