

# 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).<sup>1</sup> It can also affect how they feel.<sup>2</sup>

*The information provided here is for educational purposes only and is not intended as medical advice. Always consult with a qualified healthcare professional before making any changes to your diet or lifestyle.*

Work with a registered dietitian to identify 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 and 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!
- 6. Speak with your healthcare professional** about **alternative digital applications** that you might use.

**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

\* For more information, resources, and fact sheets, please visit [KnowYourTGS.com](https://www.knowyourtgs.com).  
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## REFERENCES

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- Davidson M, et al. The burden of familial chylomicronemia syndrome: Results from the global IN-FOCUS study. *J Clin Lipidol.* 2018 Jul-Aug;12(4):898-907.e2

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