



Hi, my name is Frankie.  
I love adventures!  
On the outside I look  
just like all my other  
bear friends

On the inside, I'm a little  
different. My tummy  
likes to fight the food I  
eat. This fighting makes  
me very ill. Sometimes I  
need to go to the  
hospital to get better.

My mummy says my  
tummy fights food  
because I have FPIES.  
It's a type of food  
allergy

Having FPIES is  
tough but it's great  
that I have all my  
family, friends and  
teachers helping to  
keep me safe!

There are no tests to see  
which foods will make me ill.  
Mummy gives me the food to  
eat, then we wait...  
Sometimes it's ok, sometimes  
it makes me very very sick.

Follow my adventures and post your  
superhero pictures on Facebook &  
twitter

**#fightingFPIES**

- FPIES stands for Food Protein Induced Enterocolitis Syndrome.
- FPIES is the most severe form of delayed food allergy.
- Children with FPIES become very unwell 30mins-6 hours after eating a problem food.
- They vomit profusely, can become very lethargic and may go into shock.
- Common foods that cause FPIES are Milk, Soya, Rice, Oats, Wheat, Chicken, Sweet potato, Beans & Peas.
- But ANY food can cause a reaction. Even a trace amount of food is enough to make a child with FPIES sick.

Please help us raise awareness and support families affected by FPIES, help us fund research in the hope one day there will be a test or even a cure!  
Please donate via our justgiving page [justgiving.com/fpies](https://www.justgiving.com/fpies) or Text FPUK15 £2 to 70070 to donate £2 to FPIES UK.  
Every penny will be spent helping children and babies affected by this potentially life threatening condition.