

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.

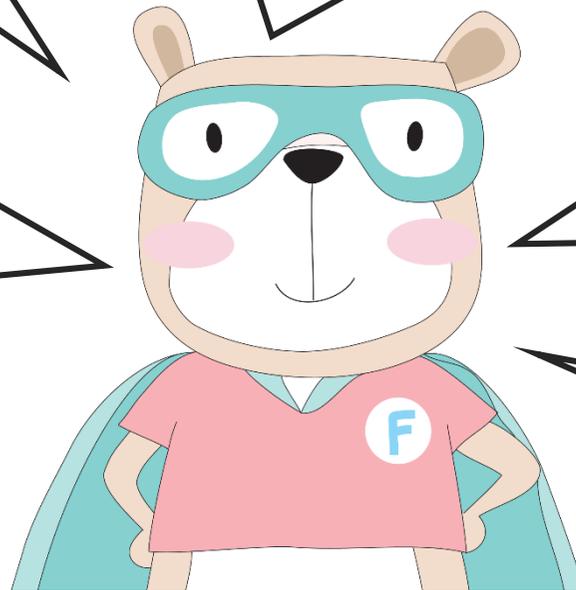
Having **FPIES** is tough, but it's great that I have all my family, friends and teachers helping to keep me safe!

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 sick.

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#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.

Name

#FightingFPLES

