

SECURITIES AND EXCHANGE COMMISSION

FORM 497

Definitive materials filed under paragraph (a), (b), (c), (d), (e) or (f) of Securities Act Rule 497

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FILER

**FIDELITY FIXED INCOME TRUST**

CIK: **35315** | IRS No.: **042466841** | State of Incorporation: **MA** | Fiscal Year End: **1031**  
Type: **497** | Act: **33** | File No.: **002-41839** | Film No.: **94500350**

Mailing Address  
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FIDELITY FIXED-INCOME TRUST:

SPARTAN HIGH INCOME FUND

SUPPLEMENT TO THE PROSPECTUS DATED NOVEMBER 1, 1993

The following information supplements that found in the section entitled "Exchange Privilege" on page 14.

"FEES. YOU MAY BE CHARGED A FEE OF \$5.00 FOR EACH EXCHANGE YOU MAKE OUT OF THE FUND, unless you place your transaction on Fidelity's automated exchange services. If applicable, the exchange fee will be deducted from your exchange proceeds.

SPH-94-1 January 1, 1994