

**Diet for 72 Hour Fecal Fat Collection**

**How to prepare:**

Your doctor has ordered a stool examination to test for fat absorption. A diet with a 100 gram intake of fat per day is recommended for this test. The diet should extend for a total of 5 days – 2 days before collection of your stools and the 3 days during collection.

Record everything you eat during these 5 days including the amount so we can calculate exactly how much fat was consumed. Pay special attention to fat-containing foods such as meat, ice cream etc.

Try to eat according to Canada's Food Guide, but choose the high fat choices in each group. Choose your diet from the list below so that you eat approximately 100 grams of fat per day.

Type of Food	Estimated grams of Fat	Type of Food	Estimated grams of Fat
<b>Milk and Milk Products</b>		<b>Fruits and Vegetables</b>	
½ cup 2% milk	2	Most fruits and vegetables contain negligible amounts of fat with the exception of avocados.	
½ cup Whole Milk	4	½ small avocado	16
½ cup Ice Cream (10% fat)	7		
¼ cup whipping cream	6		
1 oz cheddar cheese	9		
1 oz cottage cheese	1.2		
1 oz cream cheese	10		
<b>Breads and Cereals</b>		<b>Fat</b>	
Muffins (1)	4	5 ml (1 tsp.) 1 patty butter/margarine	5
Bread (1 slice)	Negligible	1 tsp. Oil	5
1 small danish roll	8	1 Tbsp. Italian dressing	5
1/6 single crust pie	7	1 tsp. Mayonnaise	5
Pasta	Negligible	2 Tbsp. gravy	5
Cereal	Negligible		
<b>Meats and Alternates</b>		<b>Miscellaneous</b>	
Egg	5	10 peanuts	5
30 g (1 oz) lean meat or poultry	3	1 Tbsp. peanut butter	7
30 g (1 oz) luncheon meats (not light variety)	5		
30 g fish	Very low unless fried		
1 slice bacon	4		

**See Sample Menu on back**

Questions? Contact the Laboratory Information Centre at 403-770-3600 or visit [MyHealth.Alberta.ca](http://MyHealth.Alberta.ca).

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DIET FOR 72 HOUR STOOL COLLECTION FOR FAT SAMPLE MENU		
Meal	Menu	Estimated Grams of Fat
<b>Breakfast</b>	Toast with 1 tsp. margarine	5
	1 tbsp. peanut butter	7
	1 egg	5
	½ cup fruit juice	0
	1 cup whole milk	8
<b>Snack</b>	Muffin	4
	1 oz cheese	9
<b>Lunch</b>	Bologna sandwich with 1 tbsp mayonnaise	10 + 10
	1 tsp. margarine	5
	Fresh fruit	0
	1 cup whole milk	8
<b>Dinner</b>	3 oz meat	9
	Salad with 1 tbsp. dressing	5
	Vegetables with 1 tsp. margarine	5
	Apple pie with ice cream	14
	1 cup whole milk	8
<b>Total</b>		112

Reference: Bowes & Church: Food values of Portions Commonly Used, 13<sup>th</sup> Edition.