

## 100 Gram Fat Diet for 72 Hour Fecal Fat Collection

The fecal fat test will help find out if you have steatorrhea (excess fat in bowel movements due to the body not being able to absorb fat). To test the amount of fat in your bowel movements, you need to eat as close as you can to 100 grams of fat each day, and you will need to record everything that you eat and drink for a few days.

### Instructions:

1. Start 100 gram fat diet and follow for 4 days.
  2. On the second morning of the 100 gram fat diet, start stool collection and collect all stool for the remaining 3 days. (See stool collection instructions.)
  3. Write down everything you eat and drink right away on the sheets we gave you.
  4. Record each food on a separate line.
    - Start each day on a new page.
    - If more space is needed for the same day, continue onto the next page and note clearly that it is for the same day.
- Record brand names, if known. Read labels for fat content.
  - Always list how the food was prepared. Examples include: baked, broiled, fried, breaded, sautéed.
  - If eating out, record foods eaten in as much detail as you can, and note name of restaurant.
  - Describe all foods as fully as you can. For example: 3 oz. baked chicken, thigh, skin not eaten.
  - List all ingredients for sandwiches, casseroles and other mixed dishes.
  - Record exact amounts. List weight (e.g. 1 oz cheddar cheese), or volume (e.g. 4 oz or half-cup orange juice) or dimensions in inches (e.g. 1 piece of banana bread, 3"L x 4"W x 1/2"thick).
  - Include all extras you add to food. For example, gravy, sauces, butter, sugar.
  - Aim for as close as you can to 100 grams fat each day.

### Example of 100 Gram Fat Diet

Sample Menu	
<b>Breakfast</b> Fresh fruit 1 cooked egg 2 slices toast with 1 tbsp butter or margarine 1 cup whole milk Coffee or tea	<b>Dinner</b> 4 oz baked chicken breast, no skin 1/2 cup mashed potato with 1 tsp. butter or margarine 1/2 cup cooked vegetable with 1 tsp. butter or margarine 1 dinner roll with 1 tsp. butter or margarine 1 cup whole milk
<b>Lunch</b> 2 oz sliced ham, 1 oz cheddar cheese on 2 slices bread with 1 tbsp. mayonnaise Raw vegetables 1 oz potato chips 1/2 cup fruit juice	<b>Evening Snack</b> 1/2 cup vanilla ice cream
<b>Afternoon Snack</b> 1/2 bagel with 1 tbsp cream cheese	

## Fat Content in Common Foods

Food Type	Amount	Grams Fat
<b>Meats</b>	<ul style="list-style-type: none"> <li>• Beef, pork, veal, poultry, fish, wild game, 1oz (common serving size= 3 ounces, size of a deck of cards)</li> <li>• Egg,</li> <li>• Bacon, 1 slice</li> <li>• Hot dog, beef/pork</li> <li>• Hot dog, chicken/turkey</li> <li>• Hot dog, beef/pork</li> </ul>	5 grams    8 grams 13-16 grams
<b>Dairy</b>	<ul style="list-style-type: none"> <li>• Cheese, 1oz (size of Kraft® Single)</li> <li>• Whole milk, ½ cup</li> <li>• 2% milk, 1 cup</li> <li>• Cottage cheese, 2% fat, 1 cup</li> <li>• Cream cheese, 1 tbsp</li> <li>• Half and half, 3 tbsp</li> <li>• Cream, heavy, whipping, 1 tbsp</li> <li>• Sour cream, 2 tbsp</li> <li>• Margarine, butter, 1 tsp</li> <li>• Margarine, diet, 1 tsp</li> </ul>	5 grams
<b>Nuts and Seeds</b>	<ul style="list-style-type: none"> <li>• Peanut butter, 2 tbsp</li> <li>• Peanuts, 20</li> <li>• Almonds, dry roasted, 6 whole</li> <li>• Cashews, dry roasted, 1 tbsp</li> <li>• Sunflower seeds, without shell, 1 tbsp</li> <li>• Coconut, shredded, 2 tbsp</li> </ul>	5 grams
<b>Other</b>	<ul style="list-style-type: none"> <li>• Mayonnaise, 1 tsp</li> <li>• Mayonnaise, reduced calorie, 1 tbsp</li> <li>• Salad dressing, mayonnaise type, 2 tsp</li> <li>• Salad dressing, mayonnaise type, reduced calorie, 1 tbsp</li> <li>• Salad dressing, 1 tbsp</li> <li>• Salad dressing, reduced calorie, 2 tbsp</li> <li>• Oil, 1 tsp</li> <li>• Avocado, 1/8 medium</li> <li>• Coffee creamer, non-dairy, powder, 4 tsp</li> <li>• Coffee creamer, non-dairy, liquid, 2 tbsp</li> </ul>	5 grams

<b>Miscellaneous</b>	• Potato chips, 1 oz	8-11 grams
	• Tortilla chips, 1oz	7 grams
	• Doughnut glazed	11 grams
	• Pie, apple, 1/8	12 grams
	• McDonald's quarter pounder	20 grams
	• McDonald's fries, regular	12 grams
	• Pizza Hut, pepperoni, regular crust, medium, 2 slices	23 grams
	• Taco Bell, soft taco	12 grams
	• Taco Bell, nachos	18 grams
	• Taco Bell, burrito, beef	21 grams
	• Vanilla ice cream, ½ cup	7 grams

## Home Instructions – 72-Hour Fecal Fat Collection

**Description:** The fecal fat collection helps diagnose steatorrhea and tells us if your body is not absorbing fat. Steatorrhea is diagnosed by the loss of fat in a **72 hour stool collection**. During the time that you collect your stool, you will need to eat 100 grams of fat each day and will need to record everything that you eat and drink during the **72 hour period**.

### Supplies:

- Prew weighed metal paint can (pick up from the clinical lab)
- Several patient labels
- “Specihat”
- Tongue depressors
- Latex gloves
- Three day food record

### Instructions:

1. You can collect stool right in the paint can, or you can collect it in the Specihat and then transfer it to the paint can.
2. Only stool should be placed in the paint can. Do not mix urine with the stool.
3. Keep the paint can in a cool place (refrigerator or cooler with ice packs).
4. Return the stool collection to the clinical lab. Record dates and duration of the stool collection on the paint can.
5. Record all food and drinks consumed during the **4 days** on the forms we gave you. **Bring the food record back to the GI clinic and give to the dietitian.**

### Procedure:

Date: \_\_\_\_\_ Day 1: Begin 100 gram fat diet.

Date: \_\_\_\_\_ Day 2: Collect all stools for the rest of the day. Continue 100 gram fat diet and record food/drink intake on the food record.

Date: \_\_\_\_\_ Day 3: Collect stool all day. Complete food record.

Date: \_\_\_\_\_ Day 4: Collect stool all day. Complete food record.

Date: \_\_\_\_\_

[illegible]

## Three Day Food Record Day 2

[illegible]

## Three Day Food Record Day 3

[illegible]

## Three Day Food Record

### Day 4

[illegible]

## Home Instructions – 24 Hour Fecal Fat Collection

**Description:** The fecal fat collection helps diagnose steatorrhea and tells us if your body is not absorbing fat. Steatorrhea is diagnosed by the loss of fat in a **24 hour stool collection**. You need to eat 100 grams of fat each day and record everything that you eat and drink for **48 hours**.

### Supplies:

- Preweighed metal paint can (pick up from the clinical lab)
- Several patient labels
- “Specihat”
- Tongue depressors
- Latex gloves
- Three day food record

### Special Instructions:

1. You can collect stool right in the paint can, or you can collect it in the Specihat and then transfer it to the paint can.
2. Only stool should be placed in the paint can. Do not mix urine with the stool.
3. Keep the paint can in a cool place (refrigerator or cooler with ice packs).
4. Return the stool collection to the clinical lab. Record dates and duration of the stool collection on the paint can.
5. Record all food and drinks you consume during the 24 hour stool collection on the forms we gave you. Bring the food record back to the GI clinic and give to the dietitian.

### Procedure:

Date: _____	Day 1:	Begin 100 gram fat diet.
Date: _____	Day 2:	Collect all stools for the rest of the day. Continue 100 gram fat diet and record food/drink intake on the food record.



Date: \_\_\_\_\_

[illegible]

## **Teach Back**

What is the most important thing you learned from this handout?

What changes will you make in your diet/lifestyle, based on what you learned today?

If you are a UW Health patient and have more questions please contact UW Health at one of the phone numbers listed below. You can also visit our website at [www.uwhealth.org/nutrition](http://www.uwhealth.org/nutrition).

Nutrition clinics for UW Hospital and Clinics (UWHC) and American Family Children's Hospital (AFCH) can be reached at: **(608) 890-5500**.

Nutrition clinics for UW Medical Foundation (UWMF) can be reached at: **(608) 287-2770**.

If you are a patient receiving care at UnityPoint – Meriter, Swedish American or a health system outside of UW Health, please use the phone numbers provided in your discharge instructions for any questions or concerns.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 8/2019 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#395.