

100 Gram Fat Diet for 72- or 24-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.

Test Instructions

Day 1

Start 100 gram fat diet and follow for 4 days. Write down all food and drink.

Day 2

Start stool collection and collect **all** stool for the 3 days that remain. (See stool collection instructions.)

Using the Food Log

- Write down your food and drink right away on the sheets we gave you.
- Record each food item or drink on a separate line.
- Start each day on a new page.
- If you need more space for the same day, use the next page and note clearly that it is for the same day.
- Write down brand names, if known. Read labels for fat content.
- Always list how the food was prepared such as: 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 best 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 ½ 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 such as, gravy, sauces, butter, sugar.
- Aim for as close to 100 grams fat each day as you can.

Sample Menu

Breakfast

Fresh fruit
1 cooked egg
2 slices toast with 1 tbsp butter or margarine
1 cup whole milk
Coffee or tea

Lunch

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

Afternoon Snack

1/2 bagel with 1 tbsp cream cheese

Dinner

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

Evening Snack

1/2 cup vanilla ice cream

Fat Content in Common Foods

Food Type	Amount	Grams Fat
Meats	• Beef, pork, veal, poultry, fish, wild game, 1oz (3 ounces, size of a deck of cards)	5g
	• Egg	
	• Bacon, 1 slice	8g
	• Hot dog, beef/pork	13-16g
	• Hot dog, chicken/turkey	
Dairy	• Cheese, 1oz (size of Kraft [®] Single)	5g
	• Whole milk, ½ cup	
	• 2% milk, 1 cup	
	• Cottage cheese, 2% fat, 1 cup	
	• Cream cheese, 1 tbsp	
	• Half and half, 3 tbsp	
	• Cream, heavy, whipping, 1 tbsp	
	• Sour cream, 2 tbsp	
• Margarine, butter, 1 tsp or margarine, diet, 1 tsp		
Nuts and Seeds	• Peanut butter, 2 tbsp	5g
	• Peanuts, 20	
	• Almonds, dry roasted, 6 whole	
	• Cashews, dry roasted, 1 tbsp	
	• Sunflower seeds, without shell, 1 tbsp	
	• Coconut, shredded, 2 tbsp	
Other	• Mayonnaise, 1 tsp or reduced calorie, 1 tbsp	5g
	• Salad dressing, mayonnaise type, 2 tsp	
	• Salad dressing, mayonnaise type, reduced calorie, 1 tbsp	
	• Salad dressing, 1 tbsp or reduced calorie, 2 tbsp	
	• Oil, 1 tsp	
	• Avocado, 1/8 medium	
	• Coffee creamer, non-dairy, powder, 4 tsp	
• Coffee creamer, non-dairy, liquid, 2 tbsp		
Other	• Potato chips, 1 oz	8-11g
	• Tortilla chips, 1oz	7g
	• Doughnut glazed	11g
	• Pie, apple, 1/8	12g
	• McDonald's quarter pounder	20g
	• McDonald's fries, regular	12g
	• Pizza Hut, pepperoni, regular crust, medium, 2 slices	23g
	• Taco Bell, soft taco	12g
	• Taco Bell, nachos	18g
	• Taco Bell, burrito, beef	21g
	• Vanilla ice cream, ½ cup	7g

Home Instructions – 72-Hour Fecal Fat Collection

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

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

Stool Collection

- 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.
- Only stool should be placed in the paint can. Do not mix urine with the stool.

Storage

Keep the paint can in a cool place (refrigerator or cooler with ice packs).

Returning the Sample

Return the stool collection to the clinical lab. Record dates and duration of the stool collection on the paint can.

Food Record

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.**

Steps

Date

_____ **Day 1:** Begin 100 gram fat diet.

_____ **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.

_____ **Day 3:** Collect stool all day.

Complete food record.

_____ **Day 4:** Collect stool all day.

Complete food record.

Name: _____

Doctor: _____

Date: _____

Home Instructions – 24 Hour Fecal Fat Collection

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

Stool Collection

- 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.
- Only stool should be placed in the paint can. Do not mix urine with the stool.

Storage

Keep the paint can in a cool place (refrigerator or cooler with ice packs).

Returning the Sample

Return the stool collection to the clinical lab. Record dates and duration of the stool collection on the paint can.

Food Record

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.

Steps

Date

- _____ Day 1: Begin 100 gram fat diet.
- _____ 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.

Name: _____

Doctor: _____

Date: _____

Who to Call

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.

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

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 © 5/2023 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#395.