

100 gram Fat Diet (for a 24 or 72 hour Stool Fecal Fat Collection)

Purpose:

Fat malabsorption occurs when fat from the foods we eat is not digested (broken down) by the body and is excreted in the stool.

Your doctor ordered a 24 hour (1 day) or 72 hour (3 days) fecal fat collection to measure the amount of fat in your stool if he or she suspects you may have fat malabsorption. A positive test for fat malabsorption is >7 grams of fat/day or >21 grams of fat in 72 hours.

You must eat 100 grams of fat in your diet while doing the stool collection.

Do not eat more than 100 grams of fat

If the test is ordered while you are in the hospital, the nurses can help you with your stool collection.

If the test is ordered for you to do at home, the laboratory will give you a stool specimen container to collect and store your stool at home. Follow the instructions given to you by the laboratory on how to properly do the stool collection as well as where and when to return the container once you have completed the stool collection.

Instructions

1. Consult with a dietitian for assistance if you have questions on how to do the diet
2. If you are doing the stool collection at home, go to the grocery store first and buy the foods needed for this diet
3. Start the 100 gram fat diet. Do not collect stool on the first day of starting the diet.
4. On the second day of the diet, start your stool collection for 24 hours or 72 hours as directed
5. Stop the diet after the last day of the stool collection.

Fat Content of Select Foods

The estimated fat content of common foods is listed below. Use the serving sizes included to help you add 100 grams of fat into your meals.

estimating portion sizes

Use the list below to guide you on how to visually estimate your serving sizes.

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|------------------------------------|--|
| 1 cup= 1 fist | 1 cup of fluid= 1 milk cardboard carton, 16 TBSP |
| 1/2 cup= 1 tennis ball | 1/2 cup of fluid= 1 small juice box, 8 TBSP |
| 1 TBSP= two thumbs placed together | 3 ounce meat, poultry, fish= Deck of Cards |

Foods
18 grams of fat
<ul style="list-style-type: none"> • 1/2 medium avocado
15 grams of fat
<ul style="list-style-type: none"> • 3 oz: ground beef, meatloaf, corned beef, top pork loin, pork chop, ground lamb, chicken (dark meat, with skin), fried chicken (with skin), ground turkey, fried fish • 1/4 cup nuts • 1 TBSP butter, margarine, regular mayonnaise, cooking oils (canola, corn, olive)
9 grams of fat
<ul style="list-style-type: none"> • 3 oz: round/sirloin/flank steak, ham, lamb chop, chicken (dark meat, no skin), chicken (white meat, with skin), turkey (dark meat, no skin) herring, oysters, salmon, sardines, tuna in oil
8 grams of fat
<ul style="list-style-type: none"> • 3 strips of bacon • 1 cup whole milk • 1 cup whole Lactaid milk • 1 slice regular cheeses: American, cheddar, colby, Swiss • 2 TBSP peanut butter • 1 TBSP regular blue cheese or ranch salad dressing
5 grams of fat
<ul style="list-style-type: none"> • 1 egg • 1 cup low fat 2% milk • 1 cup low fat 2% Lactaid milk • 1 ounce low fat cheeses: mozzarella, feta cheese • 1/2 cup low fat ice cream • 2 TBSP regular sour cream • 1 TBSP regular cream cheese • 2 TBSP low fat cream cheese • 1 cup soy milk • 1/2 cup tofu • 1 TBSP low fat mayonnaise • 1 TBSP regular thousand island dressing • 1 TBSP sesame, pumpkin, sunflower seeds • 8 large black olives • 10 large green olives

<ul style="list-style-type: none"> • 2 TBSP half and half cream
4 grams of fat
<ul style="list-style-type: none"> • 1 cup low fat yogurt • 1 cup low fat cottage cheese
3 grams of fat
<ul style="list-style-type: none"> • 1 cup buttermilk • 2 TBSP hummus

Nutritional Supplements		
Glucerna	1 bottle	7 grams
Ensure/Ensure Plus	1 bottle	6 grams/11 grams
Carnation Instant Breakfast	1 bottle	5 grams
Boost/Boost Plus	1 bottle	4 grams/14 grams

IDEAs: Adding Fat to your Foods

- Add leftover cooked meats, poultry, fish daily to soups, casseroles, pasta etc.
- Eat eggs for breakfast daily
- Add cheese to meat, poultry, crackers, sandwiches, pasta, baked potatoes, cooked vegetables etc.
- Blend ice cream in your smoothies
- Add tofu to various soups, casseroles etc.
- Use creamy nut butters to mix into smoothies or spread on crackers, breads or fruit
- Eat French toast at any time of the day
- Add avocado and mayonnaise to your sandwiches
- Dip vegetables into your favorite creamy salad dressing
- Melt butter or margarine into your foods
- Include beverages such as milk with your meals instead of water and juices
- Add half and half creamer to your coffee
- Drink nutritional supplements such as Ensure at least twice daily

EXAMPLE: *If you add these foods to your meals:*

3 ounce chicken with white meat, with skin

3 ounces of salmon filet

2 eggs

1 cup of whole milk

1 slice of Swiss cheese

1/2 avocado

2 TBSP creamy peanut butter

1 TBSP of olive oil

1 TBSP of butter

= 100 GRAM FAT

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Direct inquiries to Digestive Health Center at Stanford Hospital and Clinics

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