University of Virginia Health System Digestive Health Center
100 Gram Fat Diet & Instructions For 72 Hour Fecal Fat Collection

Instructions:

1. **Equipment needed:**
   - **"Stool hat" or specimen containers to collect stool/ostomy output**
   - **Stool should be kept in a cool place or on ice**
2. **After 3 days of stool collection, take it to the UVAHS Digestive Health Clinic.**
3. **100 gram fat diet instructions:**
   - **Start 100 gram fat diet and follow for 4 days.**
   - **On the second morning of 100g fat diet, start stool collection and collect <u>all</u> stool for the remaining 3 days.**
   - **It is important that you eat as close to 100 grams of fat each day (see list below).**
   - **Also continue to eat normal portions of other foods you would normally eat.**
   - **Please <u>write down everything</u> you eat and drink for the day, starting from the time you wake up in the morning until the time you go to sleep on the record sheet provided.**
   - **Be sure to include any gravies, sauces, etc., mayonnaise, butter, oil or margarine added to your foods.**
   - **Do your best to guess the amount you have eaten.**

FOOD ITEM	SERVING SIZE	GRAMS FAT
Walnuts	¼ cup	20
Potato Chips	15	15
Peanut Butter or almond butter	2 Tablespoons	15
Hershey's Kisses or chocolate bar	9 / 1 small	13
2% Milk or Whole Milk, white or chocolate	8 ounces or 1 cup	10
Cheese	1 ounce	10
Corn Chips	15	10
Hog Dog	1	10
Ice cream	½ cup	10
M & M's Chocolate	1 small bag	10
Sausage	2 links or 1 ounce	10
Almonds	6 whole	5
Avocado	1/8	5
Bacon	1 slice	5
Cashews	4 whole	5
Coffee Creamer, liquid	2 Tablespoons	5
Coffee Creamer, dry	1 Tablespoon	5
Corn Bread, 2" x 2" x 1"	1 square	5
Cream, Half & Half (12%)	3 Tablespoons	5
Cream Cheese	1 Tablespoon	5
Egg, whole	1	5
Heavy Whipping Cream	1 Tablespoon	5
Meat (beef, lamb, pork, poultry, veal)	1 ounce cooked	5
Margarine, Butter, Lard, oil	1 teaspoon	5
Margarine, Diet	1 Tablespoon	5
Mayonnaise	1 teaspoon	5
Mayonnaise (Lite)	1 Tablespoon	5
Muffin, plain or cornmeal, 2" diameter	1	5
Olives	10 small	5
Pecans	3 whole	5
Salad Dressing, mayonnaise type	2 teaspoons	5
Salad Dressing, oil varieties	1 Tablespoon	5
Sour Cream	2 Tablespoons	5
Vegetable /Cooking Oil (corn, soybean, sunflower, corn, olive, etc.)	1 teaspoon	5
Yogurt, plain or flavored (low fat)	8 ounces or 1 cup	5

Please record *all* foods eaten for the entire collection period

DATE	FOOD	PORTION	FAT (g)	CALORIES	PROTEIN