

# Preparing for a Fecal Fat Analysis

24 hour, 48 hour, 72 hour

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## What is a Fecal Fat Analysis?

The Fecal Fat Analysis test measures the amount of fat in the stool. This helps to estimate the percentage of dietary fat that your body does not absorb and is passed in the stool. The analysis is done on stool you will collect over a specific period of time. Your doctor will order either a 24-hour, 48-hour, or a 72-hour collection period.

### Definitions:

**Stool:** the product of a bowel movement.

**Fecal fat:** the fat that is not absorbed by the body. This fat is passed in the stool.

## Do I have to change my diet before and during the test?

You will start the Fecal Fat Test Diet a few days before, and during the collection period. Your doctor will specify the exact number of days you will need to follow the diet before starting the stool collection. Stay on the diet until the collection period ends. Your nurse will give you a diet book to assist you.

## How do I prepare for a Fecal Fat Analysis?

1. Obtain a previously weighed metal container from the hospital laboratory or your healthcare provider. Only pre-weighed containers supplied by this laboratory will be accepted for this analysis.
2. Your doctor will order a 24-hour, 48-hour, or 72-hour collection. You must put all stool passed during this time in this container. The stool container should be filled more than two-thirds full. In many cases, in particular for the 72-hour collection, two containers will be necessary.

3. Toilet paper and other debris must not be included in the metal container with the stool.
4. The container must be available to you at all times during the collection period.
5. During collection and after the collection of stool is completed, keep it in the refrigerator or freezer.

Thank you for your cooperation in making it possible to send a meaningful report to your physician.

### **Fecal Fat Test Diet**

**Guidelines:**

For \_\_\_ days before and \_\_\_ days during the stool collection, eat at least \_\_\_ grams, but not more than \_\_\_\_ grams of fat each day.

To aid in the accuracy of the test, you must record accurately all the foods you eat and drink in a food diary (provided below). We recommend that you only eat foods listed below, unless you are sure of the fat content and can record it in your food diary.

The following tables will help you to estimate the amount of fat you are eating.

**Date to begin diet:** \_\_\_\_\_

## Food Items containing Fat

| Food Item                                     | Serving Size  | Grams of Fat |
|---|---|--------------|
| <b>Milk (Measured in fluid ounces)</b>        |   |              |
| Whole, White or Chocolate                     | 4 ounces or ½ cup   | 5            |
| Whole, White or Chocolate                     | 8 ounce or 1 cup  | 10           |
| 2%, White or Chocolate                        | 8 ounce or 1 cup  | 5            |
| Buttermilk, made from whole milk              | 8 ounce or 1 cup  | 10           |
| Yogurt, plain or flavored (low fat)           | 8 ounce or 1 cup  | 5            |
| <b>Grain</b>                                  |   |              |
| Biscuit, 2 inch in diameter                   | 1   | 5            |
| Chow mein noodles                             | 1/2 cup   | 7            |
| Corn chips                                    | 15  | 10           |
| Corn bread, 2x2x1 inch                        | 1 square  | 5            |
| <b>Crackers</b>                               |   |              |
| Saltines or plain                             | 6   | 0            |
| Round butter type, 1-1/2                      | 5   | 5            |
| Triscuits                                     | 5   | 3            |
| Muffin, plain or cornmeal, 2 inch diameter    | 1   | 5            |
| <b>Potato chips</b>                           |   |              |
| Baked or plain                                | 15  | 10           |
| French fried, 2 to 3-1/2 inches long          | 8 pieces  | 5            |
| Pancake, 5 inches x ½ inch                    | 1   | 5            |
| Waffle, 5 inches x ½ inch                     | 1   | 5            |
| <b>Protein</b>                                |   |              |
| Cheese  | 1 ounce   | 10           |
| Creamed cottage cheese                        | 1/4 cup   | 5            |
| Egg, whole                                    | 1   | 5            |
| Fish, fresh, frozen or water packed<br>canned | 2 ounces  | 1-5          |
| Hot dog                                       | 1 link  | 15           |
| Luncheon meat                                 | amount varies depending on type*.<br>Read the food label. |              |
| Meat (beef, lamb, pork, poultry*, veal)       | 5 grams per ounce (on average)                            |              |
| Peanut butter                                 | 8 grams per tablespoon                                    |              |
| Sausage                                       | 8 grams per 1" cube                                       |              |
| Tofu  | 0 grams per 1" cube                                       |              |

|                                      |                                    |    |
|--------------------------------------|------------------------------------|----|
| *poultry with skin                   | 15 grams fat per a 3 ounce portion |    |
| <b>Fat</b>                           |                                    |    |
| Avocado - Sliced                     | 1/8 avocado                        | 5  |
| Avocado - Mashed                     | 2 tablespoons                      | 5  |
| Bacon, crisp                         | 1 slice                            | 5  |
| Butter, tard, margarine              | 1 teaspoon                         | 5  |
| <b>Cream</b>                         |                                    |    |
| Coffee (20% fat)                     | 2 tablespoons                      | 5  |
| Half & half                          | 3 tablespoons                      | 5  |
| Heavy                                | 1 tablespoon                       | 5  |
| Sour                                 | 2 tablespoons                      | 5  |
| Cream Cheese                         | 1 tablespoon                       | 5  |
| <b>Nuts</b>                          |                                    |    |
| Chopped                              | 1 tablespoon                       | 5  |
| In Shell                             | 4 nuts                             | 5  |
| Oil, vegetable                       | 1 teaspoon                         | 5  |
| Olives                               | 3 olives                           |    |
| <b>Salad dressings</b>               |                                    |    |
| Mayonnaise                           | 1 teaspoon                         | 5  |
| Mayo types (1000 island, Russian...) | 2 teaspoons                        | 5  |
| Vinegar & oil types                  | 2 teaspoons                        | 5  |
| Shortening or hydrogenated fats      | 1 teaspoon                         | 5  |
| <b>Dessert</b>                       |                                    |    |
| Coffee cake                          | 1 piece, 2"x2"x2"                  | 10 |
| Cookies                              | 1 2-inch diameter                  | 5  |
| Ice Cream                            | 1/2 cup                            | 10 |
| Ice milk                             | 1 cup                              | 10 |
| <b>Pie</b>                           |                                    |    |
| 1 crust                              | 1/16 of 9" pie                     | 5  |
| 2 crust                              | 1/16 of 9" pie                     | 10 |
| Plain cake, iced                     | 1/16 of 9" pie                     | 5  |
| Pudding made with whole milk         | 1/2 cup                            | 5  |

## Foods That Do Not Contain Any Fat

Some foods do not contain any fat. You may eat those in normal amounts.

These include:

- Fruits, fruit juices, fruit flavored drinks
- Vegetables, vegetable juices
- Plain breads, crackers such as saltines, graham crackers, animal crackers, and melba toast
- Cereals, rice, noodles, spaghetti
- Gelatins, jelly, jam, honey, sugar
- Carbonated beverages, kool-aid, coffee, tea, skim milk
- Beer, wine, liquor

| <b>Sample Menu for 100 Gram Fat Diet</b> |                  |                               |                     |
|--|------------------|-------------------------------|---------------------|
| <b>Meal</b>                              | <b>Food Item</b> | <b>Amount of Serving Size</b> | <b>Grams of Fat</b> |
| Breakfast                                | Orange juice     | 1/2 cup                       | 0                   |
|  | Frosted Flakes   | 3/4 cup                       | 0                   |
|  | Toast, buttered  | 1 slice, 1 teaspoon           | 5                   |
|  | Jelly            | 1 teaspoon                    | 0                   |
|  | Milk, whole      | 8 ounces                      | 10                  |
|  |                  |                               | <b>15 grams</b>     |
| Lunch                                    | Bologna sandwich | 1 ounce bologna               | 10                  |
|  | Mayonnaise       | 1 teaspoon                    | 5                   |
|  | Potato chips     | 15 chips                      | 10                  |
|  | Celery sticks    | 2 sticks                      | 0                   |
|  | Banana           | 1 piece of fruit              | 0                   |
|  | Milk, whole      | 8 ounces                      | 10                  |
|  |                  |                               | <b>35 grams</b>     |
| Snack                                    | Apple            | 1 piece of fruit              | 0                   |
|  | Peanut Butter    | 2 tps                         | 5                   |

|                                 |                  |            |                 |
|---------------------------------|------------------|------------|-----------------|
|                                 |                  |            | <b>5 grams</b>  |
| Snack                           | Milk, whole      | 4 ounces   | 5               |
|                                 |                  |            | <b>5 grams</b>  |
| Dinner                          | Beef             | 3 ounces   | 15              |
|                                 | Mashed potatoes  | 1/2 cup    | 0               |
|                                 | Margarine        | 1 teaspoon | 5               |
|                                 | Corn, buttered   | 2/3 cup    | 5               |
|                                 | Lettuce salad    | 1          | 0               |
|                                 | Russian dressing | 2 teaspoon | 5               |
|                                 | Milk, whole      | 8 ounces   | 10              |
|                                 |                  |            | <b>40 grams</b> |
| <b>Total Daily Fat 100 Gram</b> |                  |            |                 |

## **Your Food Diary**

Use the following pages to record what you eat and drink during the days you are collecting stool. →

### Your Record of Fat Intake Day 1

| Meal | Food Item | Amount of Serving Size | Grams of Fat |
|------|-----------|------------------------|--------------|
|------|-----------|------------------------|--------------|



Your Record of Fat Intake  
Day 2

| <b>Meal</b> | <b>Food Item</b> | <b>Amount of Serving Size</b> | <b>Grams of Fat</b> |
|-------------|------------------|-------------------------------|---------------------|
|-------------|------------------|-------------------------------|---------------------|

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Your Record of Fat Intake  
Day 3

| <b>Meal</b> | <b>Food Item</b> | <b>Amount of Serving Size</b> | <b>Grams of Fat</b> |
|-------------|------------------|-------------------------------|---------------------|
|-------------|------------------|-------------------------------|---------------------|

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Your Record of Fat Intake  
Day 4

| <b>Meal</b> | <b>Food Item</b> | <b>Amount of Serving Size</b> | <b>Grams of Fat</b> |
|-------------|------------------|-------------------------------|---------------------|
|-------------|------------------|-------------------------------|---------------------|

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Your Record of Fat Intake

Day 5

| <b>Meal</b> | <b>Food Item</b> | <b>Amount of Serving Size</b> | <b>Grams of Fat</b> |
|-------------|------------------|-------------------------------|---------------------|
|-------------|------------------|-------------------------------|---------------------|

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Your Record of Fat Intake  
Day 6

| Meal | Food Item | Amount of Serving Size | Grams of Fat |
|------|-----------|------------------------|--------------|
|------|-----------|------------------------|--------------|

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