Patient's Guide for 72 Hour Fecal Fat Test

The fecal fat test measures the amount of fat you eliminate in your stool. This test shows your doctor if you are digesting or absorbing fat properly. Poor digestion of fat is called ***fat malabsorption***. This can affect how your body uses nutrients and can affect your health.

Getting Ready

1. Get a white collection "hat" from the clinic that ordered this test.

2. Meet with dietitian. S/he will tell you about the high fat (100 grams of fat) diet that you will need to follow for four days. S/he will give you printed instructions for the high fat diet.

3. Go to the Lab in the basement of the Medical Center, Room BB-144 and pick up the stool collection containers.

4. Begin the 4-day fat diet.

Stool Collection

You need to collect all of your stool for the last 72 hours (3 days) of the high fat diet. Place the white collection "hat' in the toilet to collect the stool. Transfer the stool from the "hat" to the containers provided by the lab. There should be no urine or toilet paper in the container.

Refrigerate the stool samples during the 72-hour collection period. Do not fill the lab containers more than half full. When the container is half full, start using the second container. You can put the completed container in the freezer.

When your stool collection is complete, return containers and the lab slip to the Lab, in the basement of the Medical Center, Room BB-144. Make sure your name is on all the containers.

The next two pages list the amount of fat in some commonly eaten foods. Read the Nutrition Facts label on foods for specific information.

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Nutrition and Food Service

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Amount of Fat in Commonly Eaten Foods

Fat	Approximate Fat in Grams
Beef (3 ounces)	8.0
Pork (3 ounces)	8.0
Chicken/Turkey (3 ounces)	
White meat without skin	3.0
Dark meat without skin	5.0
White meat with skin	7.0
Dark meat with skin	10.0
Ham (1 ounce slice)	2.0
Bacon (2 pieces)	6.0
Beef hot dog (1)	11.0
Liver (3 ounces, fried)	10.0
Salmon/trout (3 ounces)	10.0
Tuna (1/2 cup canned in water)	1.0
Tuna (1/2 cup canned in oil)	9.0
Frozen battered fish (5 ounce piece)	8.0
Egg (1 large)	5.0
Nuts (1/2 cup)	40.0
Peanut butter (1 tablespoon)	8.0
Seeds (1/2 cup sunflower, pumpkin)	40.0
Whole milk (8 ounces)	9.0
2% milk (8 ounces)	5.0
1% milk (8 ounces)	2.5
Skim milk (8 ounces)	0.0
Cheese (1 1/2 ounces cheddar, Gouda, Swiss, Cream cheese, Muenster)	15.0
Mozzarella or ricotta cheese (1 1/2 ounces, part skim)	7.0
Cottage cheese (1/2 cup)	2.5-5.0
Ice cream (1/2 cup regular)	8.0
Avocado (1/2 medium)	14.0
Oils (1 tablespoon)	14.0
Butter/margarine (1 tablespoon)	11.0
Mayonnaise (1 tablespoon regular)	11.0

(over)

Sour cream (1 tablespoon regular)	3.0
Bread (1 slice)	0-2.0
Bagel (whole)	2.0
Pancake (1 medium)	2.0
Croissant (1 large)	9.0
Piece of cake with icing (the size of a cup cake)	5.0
Piece of cheesecake (1/8 of a 9” cheesecake)	12.0
Cookie (1 chocolate chip or peanut butter)	7.0
Doughnut (1 cake type)	6.0
Soda crackers (3)	1.0
Macaroni and cheese (1 cup)	23.0
Spaghetti and meatballs (1 cup)	12.0
Lasagna (meat and cheese, 8 ounces)	12.0
Taco (1)	8.0
Potato chips (1 ounce, about 10 chips))	10.0