

FOOD GROUP LIST

Type of Food **Estimated Grams of Fat**

Milk and Milk Products

½ cup 2% milk	2
½ cup whole milk	4
½ cup Ice Cream	7
2 tbsp whipping cream	6
1 oz Cheddar cheese	9
½ cup 2% cottage cheese	2
1tbsp regular cream cheese	5

Breads and Cereals

Muffin, small	4
1 small Danish	8
Pasta, bread and cereal	Negligible

Meats and Alternative

Egg (1)	5
30 g lean meat or poultry	3
30 g luncheon meats	5
30 g Fish	Very low unless fried
1 slice bacon	4

Fat

5 ml (1 tsp. – 1 pat) butter or	5
1 tsp oil	5
1 Tbsp. Italian Dressing	5
1 tsp. Mayonnaise	5
1 tbsp 14% Sour Cream	2
2 Tbsp. Gravy	5

Fruits and Vegetable

Most fruits and Vegetables	Negligible
½ small avocado	16

Miscellaneous

¼ cup nuts	18
1 Tbsp. Peanut butter	8

The following foods are negligible in fat content and can be eaten in moderation with the fat choices:

- Fruit and vegetables (including juice and fruit drinks)
- Coffee, tea, pop - jam, jelly, marmalade
- Ketchup, mustard, soya sauce, vinegar, spices, Worcestershire sauce, steak sauce, etc.
- Rice, potato, macaroni, spaghetti or similar pasta
- Pretzels, soda crackers, popcorn (non-microwave type), white/whole wheat bread

Sample 60 Gram Fat Menu**

Breakfast

Juice or fruit	
Cereal, toast or bagel	
1 tsp margarine	5
1 egg or 1 tbsp Peanut butter	5 or 8
½ cup 2% milk	2

Lunch

30 grams lunch meat	5
Bread or bun or wrap	
Vegetables and/or fruit	
2 tsp margarine or mayonnaise	10
½ cup ice cream	7

Supper

60 grams lean meat	6
Pasta, rice or potatoe	
Vegetable or salad	
1 tsp margarine or mayonnaise	5
½ cup 2% milk	2

Snack

Small muffin	4
1 tsp margarine	5
½ ounce cheddar cheese	4.5

Total 60.5 – 63.5

**** This menu is for the purposes of test only and may not be nutritionally adequate.**

WESTMAN REGIONAL LAB

Patient Instructions for Collection of 72 - Hour Fecal Fat Specimen

Testing Performed

at St. Boniface Laboratory

Westman Regional Laboratory Aug 2007

INTRODUCTION

Your physician has requested that you collect stool for fat absorption as part of your care. The information your doctor gets from these samples is only as accurate as the collection procedure. It is important that you collect the stool specimens as outlined below.

A diet with a 60-gram intake of fat per day is recommended for this test.

PREPARATION BEFORE TAKING THE SAMPLE

A diet with a 60-gram intake of fat per day is recommended for this test. **The diet will extend for a period of 5 days – 2 days prior to collection of specimens and 3 days during collection.**

Eat according to the Canada Food Guide, while maintaining a 60-gram fat intake. A Food Group list and a sample menu are provided on the back pages of this brochure to assist you in your diet choices.

Please read complete instruction prior to starting.

COLLECTION

- 1.0 Begin collection time at a set time in the am. Collect all fecal material over 72 hours. End collection at same time as of day as start time.
- 2.0 **Collect stool directly into metal can.** Do not fill can more than 1/3 full. Westman Lab will provide additional cans if required.
- 3.0 Secure lid tightly.
- 4.0 **Write start date and time on label provided on the can and on the next page.**
- 5.0 Place can back into biohazard bag provided. Return specimen along with this instruction sheet and requisition back to Westman Regional Laboratory Outpatient Centre within 24 hours of end of collection time.

SPECIMEN COLLECTION TIMES

Collection Start:

Date: _____ (dd/mm/yyyy)

Time: _____ (00:00)

Collection End:

Date: _____ (dd/mm/yyyy)

Time: _____ (00:00)

Lab Use Only

Transfer patient information from requisitions:

Patient Name: _____

PHIN: _____

DOB (dd/mm/yy): _____

Facility: _____

Physician: _____