



3-DAY FAECAL FAT DIET

This diet requires that you maintain a normal dietary intake of 100 grams (g) of fat per day for 3 days prior to the test and during the 3 days of specimen collection.

- You must include every stool passed and take care not to include paper or urine in the plastic container.
- You should not take any laxatives containing castor oil or paraffin on the 3 days prior to or during the collection period. Low-calorie mayonnaise and whole nuts should also be avoided.
- Replace the lid of the container, making sure it is firmly secured.

Food	Serve	Fat
Meat, fish, poultry		
Veal schnitzel, fried	1 serve	39 g
Lamb chop, grilled	2 midloin chops	30 g
Beef steak, grilled	1 small rib steak	26 g
Bacon, grilled	2 middle rashers (22 cm)	13 g
Sausage, grilled	2 thick (10 cm long)	23 g
Fish, battered, fried	1 serve	19 g
Chicken, baked	1 half breast	12 g

Food	Serve	Fat
Take-away		
Meat pies	1 pie	26 g
Plain hamburger (in bun)	1 serve	17 g
Pizza, thin base	1/4 small size	14 g
Potato chips (hot)	1 small size	13 g
Potato crisps	1 packet	16 g
Doughnut, iced	1 doughnut (9 cm x 3.5 cm)	19 g
Fats/oils		
Oil	1 tablespoon	18 g
Butter	1 tablespoon	15 g
Margarine	1 tablespoon	15 g



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Food	Serve	Fat
Dairy products		
Milk, whole	1 cup	10 g
Soy beverage	1 cup	9 g
Cream, thickened	1 tablespoon	7 g
Cheese, cheddar	1 cube, 2.5 cm	5 g
Yoghurt, fruit	1 individual tub	4 g
Ice-cream	1 scoop	5 g
Eggs		
Hard boiled	1 egg	5 g
Fried	1 egg	9 g
Breakfast cereals		
Muesli, toasted	1/2 cup	9 g
Rolled oats, cooked	1 cup	3 g

Food	Serve	Fat
Biscuits/cakes/sweets		
Rich cream sponge	1/8 large sponge	15 g
Fruit pie	1/6 family size pie	10 g
Cheesecake	1/8 large cheesecake	21 g
Lamington	1 lamington	8 g
Croissant	1 croissant	15 g
Buttered cinnamon bun	1 bun	12 g
Chocolate block, milk	6 squares	8 g
Biscuit (cream filled)	1 biscuit	5 g
Biscuit (plain, sweet)	1 biscuit	2 g
Nuts		
Processed peanut products	1 tablespoon	13 g