



PATIENT INSTRUCTIONS - THREE DAY FAECAL FAT DIET

This diet requires that you maintain a normal dietary intake of 100 grams (g) of fat per day for three days prior to the test and during the three 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 three days prior to or during the collection period. Low-calorie mayonnaise and whole nuts, e.g. peanuts should also be avoided. Please ensure that the lid is firmly sealed on the container after completion of the collection.

FOOD	SERVING	FAT CONTENT
Meat, Fish, Poultry		
Veal schnitzel, fried	1 serve	39g
Lamb chop, grilled	2 midloin chops	30g
Beef steak, grilled	1 small rib steak	26g
Bacon, grilled	2 middle rashers 22cm	13g
Sausage, grilled	2 thick (10cm long)	23g
Fish, battered fried	1 serve	19g
Chicken, baked	1 half breast	12g
Take-Away		
Meat pies	1 pie	26g
Plain hamburger (in bun)	1 serve	17g
Pizza, thin base	1/4 small size	14g
Potato chips (hot)	1 small size	13g
Potato crisps	1 packet	16g
Doughnut, iced	1 doughnut (9cm x 3.5cm)	19g
Fats/Oils		
Oil	1 tablespoon	18g
Butter	1 tablespoon	15g
Margarine, table	1 tablespoon	15g
Dairy Products		
Milk, whole	1 cup	10g
Soy beverage	1 cup	9g
Cream, thickened	1 tablespoon	7g
Cheese, cheddar	1 cube, 2.5cm	5g
Yoghurt, fruit	1 individual tub	5g
Ice cream	1 scoop	5g
Eggs		
Hard boiled	1 egg	5g
Fried	1 egg	9g
Biscuits/Cakes/Sweets		
Rich cream sponge	1/8 large sponge	15g
Fruit pie	1/6 family size pie	10g
Cheesecake	1/8 large cheesecake	21g
Lamington	1 lamington	8g
Croissant	1 croissant	15g
Buttered cinnamon bun	1 bun	12g
Chocolate block milk	6 squares	8g
Biscuit (cream filled)	1 biscuit	5g
Biscuit (plain sweet)	1 biscuit	2g
Nuts		
Peanut, salted	1/4 cup	21g
Peanut butter	1 tablespoon	13g
Cashew, roasted, salted	1/2 cup	39g
Macadamia nut	1/2 cup	56g
Breakfast cereals		
Muesli, toasted	1/2 cup	9g
Rolled oats, cooked	1 cup	3g