

72-Hour Stool Collection for Fecal Fat: Eating Plan

South Shore
Regional Hospital

72-Hour Stool Collection for Fecal Fat: Eating Plan

- Your primary health care provider (family doctor or nurse practitioner) has ordered a test to check your stool (poop) for fat.
- You should eat **100 to 150 grams of fat each day** for this test.
- Follow this plan for 6 days:
 - › **3 days** before you collect your stool
 - › **3 days** during collection
- Choose foods listed in this pamphlet.
Note: The grams of fat listed are a guideline.
 - › For example, the grams of fat in a muffin will depend on the muffin's size. Check the food label for more information, like how many servings (amount of food for one person) are included.
- Use *Canada's Food Guide* to help you choose high-fat foods from each group:
 - › <https://food-guide.canada.ca/en/>

Milk and alternatives

Food	Grams of fat
2% milk, ½ cup (125 ml)	2
Whole milk, ½ cup (125 ml)	4
Ice cream (10% fat), ½ cup (125 ml)	7
Whipping cream, ¼ cup (62.5 ml)	6
Cheddar cheese, 30 g (1 oz)	9
Cottage cheese, 30 g (1 oz)	1.2
Cream cheese, 30 g (1 oz)	10

Grain products

Food	Grams of fat
Muffin, 1	4
Bread, 1 slice	very low
Danish, 1 small	8
Single-crust pie, ⅙	7
Pasta	very low
Cereal	very low

Fruits and vegetables

Most fruits and vegetables have very small amounts of fat, except avocados.

Food	Grams of fat
Avocado, ½ small	16

Meats and proteins

Food	Grams of fat
Egg, 1	5
Meat or poultry (lean), 30 g (1 oz)	3
Deli meats (not light), 30 g (1 oz)	5
Fish, 30 g (1 oz)	very low, unless fried
Bacon, 1 slice	4
Peanuts, 10	5
Peanut butter, 1 tbsp (15 ml)	7

Fats

Food	Grams of fat
Butter or margarine, 1 tsp (5 ml)	5
Oil, 1 tsp (5 ml)	5
Italian dressing, 1 tbsp (15 ml)	5
Mayonnaise, 1 tsp (5 ml)	5
Gravy, 2 tbsp (30 ml)	5

Sample menu

Meal	Food	Grams of fat
Breakfast	• Toast, 2 slices with:	
	› Margarine, 1 tsp (5 ml)	5
	› Peanut butter, 1 tbsp (15 ml)	7
	• Egg, 1	5
	• Fruit juice, ½ cup (125 ml)	0
	• Whole milk, 1 cup (250 ml)	8
Snack	• Muffin, 1	4
	• Cheese, 30 g (1 oz)	9
Lunch	• Bologna sandwich with:	5
	› Mayonnaise, 1 tbsp (15 ml)	5
	› Margarine, 1 tsp (5 ml)	5
	• Fresh fruit	0
	• Whole milk, 1 cup (250 ml)	8
Dinner	• Meat, 3 oz	9
	• Salad with:	
	› Dressing, 1 tbsp	5
	• Vegetables with:	5
	› Margarine, 1 tsp	5
	• Serving of apple pie with ice cream	14
	• Whole milk, 1 cup	8

Total: 102

Take your sample(s) to one of these drop-off sites:

South Shore Regional Hospital

Main Floor

90 Glen Allan Drive

Bridgewater, NS B4V 2S6

Phone: 902-527-5261

Hours: Monday to Friday, 7 a.m. to 2 p.m.

Queen's General Hospital

1st Floor

175 School Street

Liverpool, NS B0J 1K0

Phone: 902-354-3436

Hours (including Registration):

Monday to Friday, 8 to 11:30 a.m.

Closed for drop-offs from 8:30 to 9 a.m.

North Queen's Health Centre

9698 Highway 8

Caledonia, NS B0T 1B0

Phone: 902-682-2533

Hours (including Registration):

Wednesdays, 7:30 to 10:30 a.m.

Closed for drop-offs from 9:50 to 10:20 a.m.

Fishermen's Memorial Hospital

1st Floor Registration

14 High Street

Lunenburg, NS B0J 2C0

Phone: 902-634-8801

Hours (including registration)

Monday to Friday, 7:30 to 11 a.m.

Closed for drop-offs from 9 to 9:30 a.m.

Our Health Centre (OHC)

3769 Hwy 3

Chester, NS B0J 1J0

Phone: 902-275-2830

Hours (including Registration):

Mondays and Thursdays,

7:40 to 10:30 a.m.

Closed for drop-offs from 9:30 to 10 a.m.

Looking for more health information?

Find this pamphlet and all our patient resources here: <https://library.nshealth.ca/PatientEducation>

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

Nova Scotia Health promotes a smoke-free, vape-free, and scent-free environment.

Please do not use perfumed products. Thank you!

www.nshealth.ca

Prepared by: Pathology and Laboratory Medicine, South Shore Regional Hospital

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The information in this pamphlet is for informational and educational purposes only.

The information is not intended to be and does not constitute health care or medical advice.

If you have any questions, please ask your health care provider.

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The information in this pamphlet is to be updated every 3 years or as needed.