

100-Gram Fat Test Diet

What is the 100-gram fat test?

The 100-gram fat test measures how much fat is in your stool. This information helps your doctor find out if your body digests and absorbs fat as it should. If your body doesn't, this can affect your health and how your body uses nutrients.

For the test to work, you will need to eat or drink at least 100 grams of fat each day. You may need to eat more fatty foods than usual. You will write down everything you eat and drink in a food log. When you write them down, include the amount of each food and how many grams of fat are in those foods.

What foods are higher in fat?

The foods in the table on the next page have about five grams of fat per serving amount listed. Choose foods from this list that you like. You can eat foods that are not on this list too. Ask your dietitian if you have questions.

Fat-free or low-fat foods

Many foods in your daily diet have little or no fat. You may eat these foods as usual. You don't need to calculate the fat in these foods, but write them in your food log.

- Fruits—fresh, canned, or frozen
- Vegetables—raw or cooked
- Skim milk
- Potatoes, rice, and noodles
- Plain yeast breads and rolls
- Saltine crackers
- Cooked or dry cereals (except granola)
- Gelatins—plain or with fruit
- Soda pop, fruit juice, coffee, and tea
- Salt, pepper, spices, vinegar, and lemon juice
- Sugar, jelly, jam, honey, and hard candies

What about packaged foods?

Read the Nutrition Facts food label on the packaged foods you eat. Check the serving size near the top of the label. Also, check the total fat in each serving. Use the instructions in the box below to calculate the fat grams.

How to calculate the amount of fat using Nutrition Facts food labels

1. Check the serving size. (See **1** below.)
2. Look at how much "Total Fat" is in each serving. (See **2** below.)
3. Count how many servings you want to eat.
4. Take the "Total Fat" number from the food label and multiply it by how many servings you are eating. The number is your total grams of fat.

Nutrition Facts		
4 servings per container		
1 →	Serving size	1 cup
Amount per serving		
	Calories	250
		% DV*
2 →	Total Fat 12g	18%
	Saturated Fat 3g	
	Trans Fat 3g	
	Polyunsaturated Fat 3g	
	Monounsaturated Fat 3g	
<small>Not a significant source of cholesterol, dietary fiber, total sugars, added sugars, vitamin D, calcium, iron, and potassium</small>		
<small>* %DV = %Daily Value</small>		

- You want to eat 2 cups of this food.
Two cups = 2 servings
- Each serving has 12 grams of fat.
2 servings x 12 grams of fat = 24 grams of fat
- Your total grams of fat is 24 grams.

These foods and servings have an average of 5 grams of fat or more*:

Food	Serving size	Notes
Avocado	1/6 medium	
Bacon	1 strip	
Beef	1 ounce	
Butter or margarine	1 teaspoon	
Cheese	1 ounce	
Coconut, sweetened, shredded	2 tablespoons	
Cottage cheese, full fat	½ cup	
Cottage cheese, 2%	1 cup	
Cream cheese	1 tablespoon	
Cream, light (half & half)	2 tablespoons	
Cream, heavy	1 tablespoon	
Cream, whipped	2 tablespoons	
Egg	1	
Ice cream	1/4 cup	
Mayonnaise	1 teaspoon	
Milk, whole	½ cup	
Milk, 2%	1 cup	
Nuts: almonds, cashews, or mixed	6 nuts	
Nuts: peanuts	10 nuts	
Nuts: pecans or walnuts	4 halves	
Nuts: pistachios	16 nuts	
Oil, cooking	1 teaspoon	
Olives, black	8 large	
Peanut butter	2 teaspoons	
Pork chop or rib	1 ounce	
Poultry: chicken or turkey with skin	1 ounce	
Salad dressing, regular	1 tablespoon	
Seeds: pumpkin, sesame, or sunflower	1 tablespoon	
Shortening or lard	1 teaspoon	
Sour cream	2 tablespoons	

**Some food brands may have more fat per serving than others. Look at the Nutrition Facts label on your packaged foods. To calculate the fat in each serving, follow the steps on page 1 of this factsheet.*

Here is a two day example of how to set up your food log.

Sample Food Log: Day 1

Meal	Fat grams
Breakfast	
2 eggs, scrambled or fried in fat-free oil	10
Toast	0
Butter, 1 tablespoon	10
Coffee and 3 tablespoons half-and-half	5
Snack	
English muffin	0
Cream cheese, 3 tablespoons	10
Lunch	
<i>Sandwich</i>	
Bread, 2 slices	0
Tuna, canned in water	0
Mayonnaise, 2 tablespoons	10
Mustard	0
Lettuce, tomato, onion	0
Cheese, 1 ounce or 1 slice	10
Fat-free yogurt	0
Snack	
Cottage cheese, ½ cup	5
Fresh fruit	0
Dinner	
Skinless chicken breast, 5 ounces	5
Baked potato, plain	0
Sour cream, 2 tablespoons	5
Butter, 1 tablespoon	10
Vegetables	0
Snack	
Vanilla ice cream, ¾ cup	10
Banana	0
Peanuts, 10	5
Hot fudge, 1 tablespoon	5
TOTAL DAILY FAT GRAMS	100

Sample Food Log: Day 2

Meal	Fat grams
Breakfast	
Oatmeal cooked with water	0
Fruit (berries, raisins, banana)	0
Whole milk, ¾ cup	5
Sliced almonds, 4 tablespoons	15
Juice	0
Lunch	
<i>Grilled cheese sandwich</i>	
Bread, 2 slices	0
Cheese, 2 ounces or 2 slices	20
Butter, 1 tablespoon	10
Campbell’s Condensed Tomato Soup made with 1 cup of whole milk	10
Crackers	0
Whole milk, 1 cup	10
Dinner	
Pasta	0
Creamy alfredo sauce, ½ cup	10
Skinless chicken breast, 5 ounces	5
Green beans and ½ tablespoon butter	5
Whole milk, 1 cup	10
TOTAL DAILY FAT GRAMS	100