

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 it.

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 (**2**) and multiply it by how many servings you are eating. The number is your total grams of fat.

Example

| | | |
|-------------------------|--|----------------|
| 1 | Nutrition Facts | |
| | Serving Size 1 cup (228 g) Servings Per Container 4 | |
| 2 | Amount Per Serving | |
| | Calories 250 | |
| | | % Daily Value* |
| | Total Fat 12g | 18% |
| | Saturated Fat 3g | 15% |
| | Trans Fat 0 g | |
| Polyunsaturated Fat 3 g | | |
| Monounsaturated Fat 3 g | | |

Sample food label

- 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.

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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 | 1/2 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 | 1/2 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.*

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Here are two examples of how to set up your food log.

Sample Food Log: Day 1

| BREAKFAST | FAT GRAMS |
|--|----------------------|
| 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 | FAT GRAMS |
| English muffin | 0 |
| Cream cheese, 3 tablespoons | 10 |
| LUNCH | FAT GRAMS |
| <i>Sandwich</i> | |
| Bread, 2 slices | 0 |
| Tuna, canned in water | 0 |
| Mayonnaise, 2 tablespoons | 10 |
| Mustard | 0 |
| Lettuce, tomato, and onion | 0 |
| Cheese, 1 ounce or 1 slice | 10 |
| Fat-free yogurt | 0 |
| SNACK | FAT GRAMS |
| Cottage cheese, ½ cup | 5 |
| Fresh fruit | 0 |
| DINNER | FAT GRAMS |
| Skinless chicken breast, 5 ounces | 5 |
| Baked potato, plain | 0 |
| Sour cream, 2 tablespoons | 5 |
| Butter, 1 tablespoon | 10 |
| Vegetables | 0 |
| SNACK | FAT GRAMS |
| Vanilla ice cream, ¾ cup | 10 |
| Banana | 0 |
| 10 peanuts | 5 |
| Hot fudge, 1 tablespoon | 5 |
| <i>TOTAL DAILY FAT GRAMS</i> | <i>100</i> |

Sample Food Log: Day 2

| BREAKFAST | FAT GRAMS |
|---|----------------------|
| Oatmeal cooked with water | 0 |
| Fruit (berries, raisins, banana) | 0 |
| Whole milk, ¾ cup | 5 |
| Sliced almonds, 4 tablespoons | 15 |
| Juice | 0 |
| LUNCH | FAT GRAMS |
| <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 | FAT GRAMS |
| 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 |
| <i>TOTAL DAILY FAT GRAMS</i> | <i>100</i> |