PATIENT INSTRUCTION

FAECAL FAT TEST DIET

PATIENT DIET INFORMATION

1. For the three (3) days before your Faecal Fat Test, as well as the three (3) days during your test, you must eat at least 100 grams of fat each day.
2. The foods listed below are sources of fat. Each food item contains 10 grams of fat
3. Avoid 'low fat' varieties.
4. Choose at least 10 items each day to ensure you are eating enough fat.

FOOD	SERVE
Eggs	2
Bacon, fried	1 rasher
Beef, lamb or pork with fat	No less than 100g serve
Roast chicken (with skin)	No less than 100g serve
Fried fish (with batter)	1 small fillet
Tofu (firm or silken)	200g
Avocado	¼ large
Almonds	16
Walnuts	10
Cheese (full cream)	1 large slice (30g)
Yoghurt (full cream, natural Greek Style)	1 x 200 g carton
Yoghurt (full cream, fruit)	2 x 200 g cartons
Milk (full cream)	300ml
Ice cream	2 large scoops
Cream	1 tablespoon (20mL)
Butter / margarine	2 teaspoons (10g)
Oil	2 teaspoons (10mL)
Chocolate	1 regular bar (40g)
Hot chips	15 chips
Chocolate biscuits	2

Prepared by the Nutrition Services Royal North Shore Hospital, NSLHD

Sample Menu

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	FAT (Grams)
Breakfast	
Cereal & ½ cup full-cream milk	5
1 slice toast	
2 teaspoons butter / margarine	10
1 egg, boiled or poached	5
150mls full-cream milk for tea or coffee	5
Morning Tea	
1 x 300ml glass of Full Cream Milk	10
Lunch	
2 slices bread or 1 bread roll	
2 teaspoons butter / margarine	10
50g meat/chicken	5
1 slice cheese	10
Salad	
1 fresh fruit	
Afternoon Tea	
16 Almonds	10
Dinner	
100 g roast beef or chicken with skin	10
Potato mashed with 1 teaspoon butter / margarine	5
Other vegetables	
Canned fruit with 1 large scoop ice cream	5
Supper	
2 x chocolate biscuits	10
Total Fat	100 grams

For further enquiries, please contact:

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