

Patient Instructions for Three Day Faecal Diet

This diet requires that you maintain a normal dietary intake of 100gm fat per day for 3 days prior to the test and during the 72 hours of specimen collection.

Examples of fat content in foods:

FOOD	SERVING	FAT CONTENT.
Meat, Fish, Poultry		
Veal Schnitzel, Fried	1 serve	39g
Lamb Chop, grilled	2 mid-loin 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	¼ small size	14g
Potato chips (hot)	1 small size	13g
Potato crisps	1 packet	16g
Doughnut, iced	1 doughnut (3.5cm.9cm)	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
Yogurt, fruit	1 individual tub	4g
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	¼ cut	21g
Peanut butter	1 tablespoon	13g
Cashew, roasted, salted	½ cup	39g
Macadamia nut	½ cup	56g
Breakfast Cereals		
Muesli, tasted	½ cup	9g
Rolled Oats, cooked	1 cup	3g