

100 Gram Fat Test Diet

This diet is a medically supervised diet used to help detect the presence of fat malabsorption or steatorrhea (excess fat in bowel movements due to the body not being able to absorb fat). This diet is not used for the treatment of any health conditions. Do not start this diet unless instructed to do so by your health care team.

About the diet

You are to control the amount of fat in your diet for a 3-day test period. You will choose a menu for breakfast, lunch, dinner and a snack from the tables in this handout. Be sure to eat all of the fat containing foods (marked with a star ★) at each meal for your menu choice.

- The goal is to get as close to 100 grams of fat in each day.
- Fat free foods may be used in unlimited amounts.
- Avoid fat substitutes, such as Olestra, as these may cause a false positive test result.
- A calorie count may be started at the same time the test diet begins to check the actual amount of fat you eat to improve test results.
- Keep a food record that lists the exact portions of food you eat, brands used and how food was prepared to improve test accuracy.
- Eating out is not recommended while on this diet due to the varying amounts of fat in the prepared dishes.

Unlimited foods

You may choose any of these foods in addition to the items listed on your menu:

- Fruits (fresh, frozen or canned)
- Vegetables prepared without fat or sauce
- Fat free, skim milk
- Breads and starches prepared without fat (sandwich bread, buns, bagels, rice, noodles, cereals **except** granola type)
- Gelatin, popsicles, angel food cake, sherbet, hard candy
- Soda pop, Kool-aid, coffee, tea, fruit juice



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Meal selections

Foods marked with a star (★) are sources of fat needed in the exact amount listed to meet the 100 grams of fat a day needed for this test.

Breakfast

Choose 1 menu each day. Each menu has about 20 grams of fat.

Menu 1: Cereal 1 cup whole milk ★ Toast 2 teaspoons margarine ★ Jelly (optional) Juice or fruit Coffee, tea, beverage	Menu 2: 1 egg (preferably fried) ★ 2 slices of bacon ★ Toast 1 teaspoon margarine ★ Jelly (optional) Juice or fruit Coffee, tea, beverage	Menu 3: Glazed doughnut ★ 1 cup whole milk ★ Juice or fruit Coffee, tea, beverage
Menu 4: Hot cereal Toast 4 teaspoons margarine ★ Jelly (optional) Juice or fruit Coffee, tea, beverage	Menu 5: Bagel or toast 2 Tablespoons peanut butter ★ Juice or fruit Coffee, tea, beverage	Menu 6: 2 pancakes ★ 3 teaspoons margarine ★ Syrup Juice or fruit Coffee, tea, beverage

Lunch

Choose 1 menu each day. Each menu has about 30 grams of fat.

Menu 1: Salad sandwich made with: 2 slices of bread ¼ cup tuna or chicken ★ Celery (optional) 1 ½ Tablespoons mayonnaise ★ 20 potato chips (1 oz.) ★ Vegetable Fruit Beverage	Menu 2: Salad bar: Vegetables as desired ¼ cup American or cheddar cheese ★ Croutons 2 Tablespoons regular salad dressing ★ 5 wheat or rye crackers ★ Beverage	Menu 3: 3 oz. hamburger bun ★ 1 Tablespoon mayonnaise or margarine ★ Catsup or mustard (optional) 20 french fries (small order) ★ Beverage
Menu 4: Bagel or 2 slices of bread 2 Tablespoons of peanut butter ★ Fruit All vegetable salad 3 Tablespoons Italian salad dressing ★ Beverage	Menu 5: Roast beef sandwich (such as from Arby's) ★ All vegetable salad 3 Tablespoons Italian salad dressing ★ Beverage	Menu 6: Lunchmeat sandwich: 2 slices regular luncheon meat (not turkey) ★ 1 Tablespoon mayonnaise ★ Carrots and celery 2 Tablespoons ranch dressing ★ Fruit Beverage

Dinner

Choose 1 menu each day. Each menu has about 30 grams of fat.

Menu 1: 3 oz. grilled pork chop Baked potato with 1 oz. cheddar cheese ★ Cooked vegetable 3 teaspoons margarine ★ Fruit	Menu 2: 1 piece fried chicken breast with skin ★ Cooked rice (no fat in prep) Cooked vegetable Biscuit (2 ½ inch) ★ Plain angel food cake	Menu 3: 5 oz. grilled sirloin steak (trim visible fat) ★ Baked potato 2 Tablespoons sour cream ★ 2 Tablespoons Italian salad dressing ★ Fruit
Menu 4: Fried chicken leg and thigh with skin ★ Vegetable Bread Sherbet	Menu 5: 4 oz. hamburger (ground round) ★ 1 oz. cheese (cheddar, American or Swiss) ★ Lettuce and tomato Sandwich bun 1 oz. potato chips ★ Fresh fruit	Menu 6: 5 oz. fried breaded fish (cod, roughly, flounder, trout) ★ Bread 2 teaspoons margarine ★

Snacks

Choose 1 menu each day. Each menu has about 20 grams of fat.

Menu 1: 1 cup hard ice cream ★	Menu 2: 6 Ritz or Triscuit crackers ★ 2 Tablespoons peanut butter ★	Menu 3: 1 small blueberry muffin (2.3 oz.) ★ 1 Tablespoon margarine ★
Menu 4: Hostess apple pie ★	Menu 5: 1 cup whole milk ★ 4 chocolate chip cookies (2 ¼ inch) ★	Menu 6: 2 oz. cheddar cheese ★ 6 Ritz or Triscuit crackers ★

Talk to your doctor or health care team if you have any questions about your care.

For more health information, go to wexnermedical.osu.edu/patiented or contact the Library for Health Information at 614-293-3707 or health-info@osu.edu.