



Patient & Family Guide

2023

# 72-Hour Stool Collection for Fecal Fat: Eating Plan

South Shore  
Regional Hospital



[www.nshealth.ca](http://www.nshealth.ca)

# 72-Hour Stool Collection for Fecal Fat: Eating Plan

- Your primary health care provider (family doctor or nurse practitioner) has ordered a test to check your stool (poop) for fat.
- You should eat **100 to 150 grams of fat each day** for this test.
- Follow this plan for 6 days:
  - › **3 days** before you collect your stool
  - › **3 days** during collection
- Choose foods listed in this pamphlet.  
**Note:** The grams of fat listed are a guideline.
  - › For example, the grams of fat in a muffin will depend on the muffin's size. Check the food label for more information, like how many servings (amount of food for one person) are included.
- Use *Canada's Food Guide* to help you choose high-fat foods from each group:
  - › <https://food-guide.canada.ca/en/>

## Milk and alternatives

Food	Grams of fat
2% milk, ½ cup (125 ml)	2
Whole milk, ½ cup (125 ml)	4
Ice cream (10% fat), ½ cup (125 ml)	7
Whipping cream, ¼ cup (62.5 ml)	6
Cheddar cheese, 30 g (1 oz)	9
Cottage cheese, 30 g (1 oz)	1.2
Cream cheese, 30 g (1 oz)	10

## Grain products

Food	Grams of fat
Muffin, 1	4
Bread, 1 slice	very low
Danish, 1 small	8
Single-crust pie, ⅙	7
Pasta	very low
Cereal	very low

## Fruits and vegetables

Most fruits and vegetables have very small amounts of fat, except avocados.

Food	Grams of fat
Avocado, ½ small	16

## Meats and proteins

Food	Grams of fat
Egg, 1	5
Meat or poultry (lean), 30 g (1 oz)	3
Deli meats (not light), 30 g (1 oz)	5
Fish, 30 g (1 oz)	very low, unless fried
Bacon, 1 slice	4
Peanuts, 10	5
Peanut butter, 1 tbsp (15 ml)	7

## Fats

Food	Grams of fat
Butter or margarine, 1 tsp (5 ml)	5
Oil, 1 tsp (5 ml)	5
Italian dressing, 1 tbsp (15 ml)	5
Mayonnaise, 1 tsp (5 ml)	5
Gravy, 2 tbsp (30 ml)	5

## Sample menu

Meal	Food	Grams of fat
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>• Toast, 2 slices with:               <ul style="list-style-type: none"> <li>› Margarine, 1 tsp (5 ml)</li> <li>› Peanut butter, 1 tbsp (15 ml)</li> </ul> </li> </ul>	5
	<ul style="list-style-type: none"> <li>• Egg, 1</li> </ul>	7
	<ul style="list-style-type: none"> <li>• Fruit juice, ½ cup (125 ml)</li> </ul>	5
	<ul style="list-style-type: none"> <li>• Whole milk, 1 cup (250 ml)</li> </ul>	0
	<ul style="list-style-type: none"> <li>• Whole milk, 1 cup (250 ml)</li> </ul>	8
<b>Snack</b>	<ul style="list-style-type: none"> <li>• Muffin, 1</li> </ul>	4
	<ul style="list-style-type: none"> <li>• Cheese, 30 g (1 oz)</li> </ul>	9
<b>Lunch</b>	<ul style="list-style-type: none"> <li>• Bologna sandwich with:               <ul style="list-style-type: none"> <li>› Mayonnaise, 1 tbsp (15 ml)</li> </ul> </li> </ul>	5
	<ul style="list-style-type: none"> <li>› Margarine, 1 tsp (5 ml)</li> </ul>	5
	<ul style="list-style-type: none"> <li>• Fresh fruit</li> </ul>	5
	<ul style="list-style-type: none"> <li>• Whole milk, 1 cup (250 ml)</li> </ul>	0
	<ul style="list-style-type: none"> <li>• Whole milk, 1 cup (250 ml)</li> </ul>	8
<b>Dinner</b>	<ul style="list-style-type: none"> <li>• Meat, 3 oz</li> </ul>	9
	<ul style="list-style-type: none"> <li>• Salad with:               <ul style="list-style-type: none"> <li>› Dressing, 1 tbsp</li> </ul> </li> </ul>	5
	<ul style="list-style-type: none"> <li>• Vegetables with:               <ul style="list-style-type: none"> <li>› Margarine, 1 tsp</li> </ul> </li> </ul>	5
	<ul style="list-style-type: none"> <li>• Serving of apple pie with ice cream</li> </ul>	14
	<ul style="list-style-type: none"> <li>• Whole milk, 1 cup</li> </ul>	8

**Total: 102**

**Take your sample(s) to one of these drop-off sites:**

## **South Shore Regional Hospital**

Main Floor

90 Glen Allan Drive

Bridgewater, NS B4V 2S6

Phone: 902-527-5261

Hours: Monday to Friday, 7 a.m. to 2 p.m.

## **Queen's General Hospital**

1st Floor

175 School Street

Liverpool, NS BOJ 1K0

Phone: 902-354-3436

Hours (including Registration):

Monday to Friday, 8 to 11:30 a.m.

**Closed for drop-offs from 8:30 to 9 a.m.**

## **North Queen's Health Centre**

9698 Highway 8

Caledonia, NS B0T 1B0

Phone: 902-682-2533

Hours (including Registration):

Wednesdays, 7:30 to 10:30 a.m.

**Closed for drop-offs from 9:50 to 10:20 a.m.**

## **Fishermen's Memorial Hospital**

1st Floor Registration

14 High Street

Lunenburg, NS B0J 2C0

Phone: 902-634-8801

Hours (including registration)

Monday to Friday, 7:30 to 11 a.m.

**Closed for drop-offs from 9 to 9:30 a.m.**

# Our Health Centre (OHC)

3769 Hwy 3

Chester, NS B0J 1J0

Phone: 902-275-2830

Hours (including Registration):

Mondays and Thursdays,

7:40 to 10:30 a.m.

**Closed for drop-offs from 9:30 to 10 a.m.**

## Looking for more health information?

Find this pamphlet and all our patient resources here: <https://library.nshealth.ca/PatientEducation>

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

*Nova Scotia Health promotes a smoke-free, vape-free, and scent-free environment.*

*Please do not use perfumed products. Thank you!*

[www.nshealth.ca](http://www.nshealth.ca)

*Prepared by:* Pathology and Laboratory Medicine, South Shore Regional Hospital

*Designed by:* Nova Scotia Health Library Services

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The information is not intended to be and does not constitute health care or medical advice.

If you have any questions, please ask your health care provider.

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The information in this pamphlet is to be updated every 3 years or as needed.