



FECAL FAT DIET – FAT CONTENT GUIDE

APPROXIMATE FAT CONTENT¹

FOOD GROUP	SERVING	FAT CONTENT (g)
DAIRY PRODUCTS		
1 % milk	250 ml	2,8 g
2 % milk	250 ml	5,0 g
3,25 % milk	250 ml	8,5 g
Fortified soy beverage	250 ml	4,0 g
Fruit yogourt (1% to 2% m.f.)	100 g	1,5 g
Cottage cheese (2% m.f.)	60 ml (1/4 cup)	1,1 g
Cheese (28-33 % m.g.)	30 g (1 oz)	9,0 g
Vanilla ice cream	125 ml	7,5 g
MEAT AND ALTERNATIVES		
Minced meat sauce	125 ml	5,0 g
Meat	30 g (1 oz)	2,5 à 4,5 g
Grilled steak	200 g	33,0 g
Grilled beef sausage	30 g (1 oz)	14,0 g
Fatty fish	30 g (1 oz)	4,0 g
Egg	1	5,0 g
Peanut butter	15 ml (1tbsp.)	8,5 g
Mixed nuts	60 ml (1/4 cup)	18,5 g
Firm tofu	30 g (1 oz)	2,2 g
FAT		
Butter, margarine, vegetable oil	15 ml (1 tbsp.)	12,5 g
Regular mayonnaise	15 ml (1 c. tbsp.)	11,0 g
Regular salad dressing	15 ml (1 c. tbsp.)	7,5 g
FRUIT AND VEGETABLES		
Avocado	½	10,5 g
French fries	250 ml (1 cup)	6,5 g
Other fruit and vegetables	---	Negligible content
GRAIN FOOD		
Pasta, rice, couscous	125 ml (1/2 cup)	0,5 g
Whole-wheat bread	1 slice	1,0 g
Chocolate cake	1 slice (1/12 cake)	15,0 g
Brownies		14,0 g
Apple square		2,0 g
Chocolate Cookie		9,0 g

¹ Refer to the fat content on nutrition facts label. A food containing more than 15% of the daily value is considered a high source of fat.

Translated from Dosage des graisses fécales, guide destiné à la clientèle adulte, Hôpital Ste-Justine, 2015.

EXAMPLE OF A TYPICAL MENU CONTAINING 100 GRAMS OF FAT¹

	MENU	QUANTITY	Fat (grams)
BREAKFAST	Fruit juice or fresh fruit	1	
	White or whole wheat toast	2	
	Butter or margarine	10 ml (2 tsp.)	10 g
	Peanut butter or	30 ml	13 g
	Cheddar, mozzarella or Swiss cheese slices	45g	
	Jam	To taste	
	Coffee or tea or herbal tea		
	2 % milk	15 ml	
	Sugar or artificial sweetener	To taste	
LUNCH	Tomato or vegetable juice	175 ml	
	Poultry or meat or ham (lean, cooked without fat)	90 g	9 g
	Potato or rice	(quantity to taste)	
	with butter or margarine	5 ml	5 g
	Cooked vegetables	(quantity to taste)	
	with butter or margarine	5 ml	5 g
	or green salad	(quantity to taste)	
	with dressing	15 ml	5 g
	Slice of bread	1	
	with butter or margarine	5 ml	5 g
	Ice cream	125 ml	5 g
	or oatmeal cookies	2	
	or yogurt containing more than 3% m.f.	175 ml	
Coffee or tea or herbal tea		5g	
2 % milk	15 ml		
sugar or artificial sweetener	(quantity to taste)		
SNACK	Fruit juice or fresh fruit		
	Oatmeal (or chocolate chip) cookies	2	5 g
DINNER	Poultry or meat or ham (lean, cooked without fat)	90 g	9 g
	Potato or rice	(quantity to taste)	
	with butter or margarine	5 ml	5 g
	Cooked vegetables	(quantity to taste)	
	with butter or margarine	5 ml	5 g
	or green salad	(quantity to taste)	
	with dressing	15 ml	5 g
	Slice of bread	1	
	with butter or margarine	5 ml	5 g
	Iced cake ²	Approx. 1/12, 2 layers	15 g
	Coffee or tea or herbal tea		
	2 % milk	15 ml	
	sugar or artificial sweetener	to taste	
Total fat			100 g

¹ This menu must be used only for the designated test period.

² Iced cake can be replaced by a slice of angel food cake topped with 3 tablespoons (45 mL) of whipped cream and fresh fruit.

Dosage des graisses fécales, guide destiné à la clientèle adulte, Ste-Justine 2015

Redaction
Équipe de médecine de laboratoire

Approbation
Ahlem Chouiali

Revision and layout
Service des communications
Direction des ressources humaines, des communications et des affaires juridiques ©
Centre intégré universitaire de santé et de services sociaux de l'Estrie – Centre hospitalier
universitaire de Sherbrooke, 2020
santeestrie.qc.ca

Code de gestion documentaire |
INS CP 6210 : Diète Graisse fécale - GUIDE DE LA TENEUR EN GRAS (french version)
INS CP 6211 : Diète Graisse fécale - GUIDE DE LA TENEUR EN GRAS (english version)
June 2023 – 4-6-11801 (french version) | 4-6-11802 (english version)