

100 Gram Fat Test Diet



THE OHIO STATE UNIVERSITY

WEXNER MEDICAL CENTER

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 1 snack from the tables in this handout. 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 the test. Be sure to eat all of the fat containing foods at each meal for your menu choice.

For this test diet:

- Fat free foods may be used in unlimited amounts as listed to the right.
- You will need to avoid fat substitutes such as Olestra, which 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 consumed to improve test results.

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
- 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

Meal selections

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.

<p>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</p>	<p>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</p>	<p>Menu 3: 3 oz. hamburger bun ★ 1 Tablespoon mayonnaise or margarine ★ Catsup or mustard (optional) 20 french fries (small order) ★ Beverage</p>
<p>Menu 4: Bagel or 2 slices of bread 2 Tablespoons of peanut butter ★ Fruit All vegetable salad 3 Tablespoons Italian salad dressing ★ Beverage</p>	<p>Menu 5: Roast beef sandwich (such as from Arby's) ★ All vegetable salad 3 Tablespoons Italian salad dressing ★ Beverage</p>	<p>Menu 6: Lunchmeat sandwich: 2 slices regular luncheon meat (not turkey) ★ 1 Tablespoon mayonnaise ★ Carrots and celery 2 Tablespoons ranch dressing ★ Fruit Beverage</p>

Dinner

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

<p>Menu 1: 3 oz. grilled pork chop Baked potato with 1 oz. cheddar cheese ★ Cooked vegetable 3 teaspoons margarine ★ Fruit</p>	<p>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</p>	<p>Menu 3: 5 oz. grilled sirloin steak (trim visible fat) ★ Baked potato 2 Tablespoons sour cream ★ 2 Tablespoons Italian salad dressing ★ Fruit</p>
<p>Menu 4: Fried chicken leg and thigh with skin ★ Vegetable Bread Sherbet</p>	<p>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</p>	<p>Menu 6: 5 oz. fried breaded fish (cod, roughly, flounder, trout) ★ Bread 2 teaspoons margarine ★</p>

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.

The Library for Health Information is available to help you find more health information at (614) 293-3707 or e-mail: health-info@osu.edu.