



High Fat Breakfast

General Description

The high fat breakfast is a meal containing a minimum of 70-80 grams of fat. The actual amount of fat provided in the meal is usually individualized. It is based on body weight and usual dietary fat tolerance.

Indications for Use

This high fat meal is provided to patient five hours before plasmapheresis. The high fat meal is intended to stimulate bowel production of chylomicrons so that increases in triglyceride-rich apoproteins and lipoproteins can be evaluated.

Guidelines

Breakfast	gms Fat
Juice	0
Cereal	0
100 gm Scrambled Egg	10
2 Slices Toast w/20 gm Margarine	20
120cc Heavy Cream	45
Coffee	0
Total	75 gms