

Diet Instruction For Three Hour Glucose Tolerance Test

This diet has been specially prepared for you. It is designed to supply the proper amounts of food needed to obtain an accurate test of how well your body processes carbohydrates. This is not a "diabetic diet", it is a carbohydrate loading diet. It is very important that you eat at least the amounts shown on the diet; however, you may eat more than these amounts, or additional types of food if desired. Just be certain you eat everything listed on the diet. Snacks are permitted.

1. Eat the food listed each day for three days, plus anything else you desire.
2. No food or liquid except water should be consumed after 10:00pm prior to the day of test.

Breakfast

Fruit: 1 banana, 1 orange, ½ grapefruit, or ½ cup juice (*please choose only 1 item*)
½ cup cereal
1 slice of bread
2 teaspoons of sugar

Lunch

Meat, cheese, or egg (as desired) (*please choose only 1 item*)
2 slices of bread, spaghetti, macaroni, rice or noodles (1 cup cooked)
(*please choose only 1 item*)
Dessert (fruit, cake, pie, or cookies)
1 cup of milk
(Additional meat, tomatoes, etc., may be added as desired)

Dinner

Dinner includes all of the foods listed below:
1 medium potato
½ cup or more of a vegetable
1 slice of bread
meat (as desired)
1 cup of milk
dessert (tapioca, rice pudding, or fruit) (*please choose only 1 item*)