

3 HOUR GLUCOSE DIET

This diet has been especially prepared for you. It is designed to supply the proper amounts of food needed to obtain an accurate test of how well your body burns carbohydrates. It is very important that you eat at least the amounts shown on the diet; however you may eat more than those amounts or additional types of food, if desired. Substitutions are permitted if foods are high in sugar content.

1. Eat the food listed each day for three days, plus anything else you desire.
2. **NO** smoking, food, or liquid should be consumed after 10 p.m. prior to the morning of the test.

Breakfast: Fruit (1 banana, 1 orange, ½ grapefruit or ½ cup juice)
Cereal (½ cup)
Bread (1 slice)
Milk (½ cup)
Sugar (2 teaspoons)

Lunch: Meat, Cheese or egg (as desired)
Bread (2 slices) or spaghetti, macaroni, rice or noodles
(1 cup cooked)
Dessert (fruit, cake, pie, or cookies)
Milk (1 cup)
Meats, tomatoes, etc may be added as desired

Dinner: Potato (1 medium)
Vegetable (at least ½ cup)
Bread (1 slice)
Meat (as desired)
Milk (1 cup)
Dessert (tapioca, rice pudding, fruit, etc)