



DIET FOR GLUCOSE TOLERANCE TEST

Instructions:

1. Follow this diet for 3 full days before the test. This is important so test results will be reliable.
2. You will not gain a significant amount of weight after only three days of the diet.
3. Any additional food you desire may be eaten, but please do not delete any portions.
4. For the final 12 hours before the test, no food, no liquids, no tea, no coffee, no smoking and no gum. Water is allowed. Do not fast for more than 16 hours.

You should take any medications on the same schedule prescribed by your physician, such as blood pressure or heart medication. Do not take any over-the-counter medications for 12 hours before the test, such as cough or cold preparations, vitamins, aspirin, etc.

All testing begins the morning after a night's sleep (i.e. no working the night before).

If planning to have your labs drawn at one of our office labs, please contact the Sparrow lab in our East Lansing office at 517-853-2310.

Sample Menu: Be sure to eat 150-200 grams of carbohydrate for 3 full days before the test. The approximate grams of carbohydrate are in parentheses following each menu item. You may feel free to substitute from the list on the following page.

NOTE: THIS DIET, SAMPLE MENU AND SUBSTITUTION, IS ONLY FOR PREPARATION FOR THE GLUCOSE TOLERANCE TEST AND SHOULD NOT BE CONFUSED WITH SUBSTITUTION LISTS IN ANY DIABETIC DIET.

Breakfast: 8 oz. orange juice (20)
 1 slice toast (15)
 1 tbsp. jam or jelly (15)
 1 cup dry cereal (20)
 8 oz. milk (10)

Mid-morning Snack: 20 grams carbohydrate from list below

Lunch: 1 sandwich (30)
 8 oz. Wheat Thin crackers (10)
 8 oz. milk (10)

Mid-afternoon Snack: 20 grams carbohydrate from list below

Evening Meal: meat (your choice)
 1 medium potato (30)
 1 serving vegetables or salad (10)
 1 pear (20)
 8 oz. milk (10)

Evening Snack: If desire (day 1-2 only)
 20 grams carbohydrate from list below

SUBSTITUTIONS:

10-15 grams

1 apple
 3 arrowroots
 ½ cup blueberries
 1 slice bread
 2 med. Carrots (raw)
 ½ cup cooked cereal
 ½ grapefruit
 12 grapes
 8 oz. milk (skim ok)
 1 med. Peach
 2 cups popcorn
 1 cup strawberries
 8 oz. tomato juice
 1 cup tomato soup
 1 cup plain yogurt
 4 vanilla wafers

20 grams

1 banana
 1 corn-on-cob
 1 cup dry cereal
 (not puffed)
 6 oz. cranberry juice
 ¾ cup Cream of
 Wheat
 1 cup fruit cocktail
 (water packed)
 1 whole graham
 crackers
 4 oz. grape juice
 1 hamburger roll
 1 med. Pear
 8 oz. orange juice

30 grams

8 oz. apple juice
 1 bagel
 6 dates
 3 Fig Newtons
 1 cup ice cream
 1 med. Potato
 1 sm. Sweet potato
 4 prunes
 1 cup rice
 1 cup spaghetti
 2 toaster waffles (Eggs)
 1 slices of pizza

50 grams

1 piece of iced cake
 1 piece of pie
 8 oz. prune juice
 ½ cup raisins
 1 cup fruit yogurt