

GLUCOSE TOLERANCE TEST DIET

INSTRUCTIONS:

Follow this diet for three days before you have your glucose tolerance test. You may eat more than the foods listed, but make sure you eat at least the amounts suggested. After midnight the night before your glucose tolerance test, do not eat, drink or smoke. This includes gum, hard candy, coffee or tea.

FOODS TO BE EATEN EACH DAY:

2 cups - Milk, any kind.

1/2 cup - Cereal, ready to eat or cooked.

1 piece, 1/2 cup - Fruit - fresh or canned in light or natural juice.

1/2 cup - Fruit juice, any kind.

12 oz. - Regular soda or pop.

3 slices - Regular bread, any kind. This may also include 1 1/2 bagels or English muffins.

1 cup - Potato, rice or noodles.

1 cup - Vegetables, fresh, frozen or canned.

2 each - Cookies (chocolate chip, Oreo, oatmeal, peanut butter)

As desired - Meat, fish, poultry, cheese.

As desired - Butter, salad dressing and other fats.

***If you do not drink milk, substitute the milk with an additional piece of bread AND fruit. ***