

SUGGESTED DIET FOR THE GLUCOSE TOLERANCE TEST ADULT DIET

Along with your regular diet, include the following foods each day to obtain at least 150 grams of carbohydrates.

BREAKFAST

1/2 glass (4 ounce juice size) orange juice
OR 1/2 banana

Cereal and 1 slice of toast
OR 2 slices of toast

1/2 glass (4 ounce juice size) milk

2 level teaspoons sugar

1 tablespoon jelly

LUNCH

1 serving of fresh fruit
(medium size apple, peach, pear, or 1/2 banana)

2 slices bread
OR 1 slice bread and 1 medium serving of potatoes

DINNER

1 serving of fresh fruit
(medium size apple, peach, pear, or 1/2 banana)

2 slices bread
OR 1 slice bread and 2 servings of plain jello

1/2 glass (4 ounce juice size) milk

NOTE: You may eat or drink any additional items not listed, but you should eat all of the above mentioned items. They may be interchanged at meals to suit your own tastes.

If you have any questions, please call your doctor.

SUGGESTED DIET FOR THE GLUCOSE TOLERANCE TEST CHILDREN'S DIET

Along with the regular diet, include these foods daily for three days prior to the test.

BREAKFAST

4 ounce glass of orange juice

2 slices of bread

Milk (8 ounce glass) OR two eggs OR 1/2 cup of cereal

LUNCH

1 cup of baked beans OR french fried potatoes OR rice

Milk (8 ounce glass) OR 1 slice of bread

1 medium banana

DINNER

Mashed potatoes (1 cup)

1 cup of peas, beets, OR carrots

1 slice of bread

At least 1/2 of a grapefruit

EVENING SNACK

1 apple

Milk (8 ounce glass) OR two slices of cheese

NOTE: You may eat or drink any additional items not listed, but you should eat all of the above mentioned items. They may be interchanged at meals to suit your own tastes.

If you have any questions, please call your doctor.