

GLUCOSE TOLERANCE PREPARATORY DIET

This diet is to be used for three days before your glucose tolerance test. All starred foods should be eaten for the best test results.

If you cannot eat this amount of food at regular meals, then eat at least starred items. You may eat more of the starred items but not less than the amount stated.

MEAL PLAN

BREAKFAST

*fruit or fruit juice	1 serving
*cereal	½ cup
eggs	as desired
*bread	2 slices
Butter	as desired
*jelly	2 teaspoons
Milk	1 cup
*sugar	1 tablespoon

LUNCH

Soup	as desired
Meat, fish, eggs, or cheese	as desired
*potatoes, rice, noodles, or macaroni	½ cup
*cooked vegetable	½ cup
Salad with dressing	as desired
*bread	2 slices
Butter	as desired
*milk	1 cup
*sugar`	2 teaspoons
*dessert or sweetened fruit	1 serving

DINNER

(repost lunch above)

SNACK AT 9:30 PM

- *sandwich or serving of dessert
- *pop

No food or water is to be taken after midnight the night before the test. Be sure to arrive at the office by 8:45 am on the day of your appointment. (If you need to take pills, you should take them with a small amount of water.)