

Diet for Three Hour Glucose Tolerance Test

Instructions:

You must follow this diet for three (3) 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 listed**. After midnight the night before your scheduled test, do not eat or drink which includes gum, hard candy, coffee or tea. Call 713-464-4111 to schedule the test.

Foods to be eaten EACH day:

<u>Amount</u>	<u>Food</u>
2 cups	Milk, any kind
½ cup	Cereal, ready to eat or cooked
1 piece	Fresh fruit or ½ cup canned fruit in light or natural juice
½ cup	Fruit juice; any kind
12 oz	Regular soda or pop
3 slices	Regular bread, any kind
1 cup	Potatoes, rice or pasta
1 cup	Vegetables- fresh, frozen or canned
2 each	Cookies, any kind
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 addition piece of bread and fruit

Below is a suggested meal plan:

Breakfast:	½ cup fruit juice ½ cup cereal 1 slice of toast with margarine/butter 1 cup milk
Lunch:	Sandwich- 2 slices bread with any filling desired 1 piece fresh fruit 1 regular soda
Dinner:	Meat, poultry or fish as desired 1 cup potatoes, rice or pasta 1 cup vegetables Beverage
Bedtime Snack:	1 cup milk 2 cookies