

WOMEN'S HEALTH PARTNERS, LLC

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ADULT GLUCOSE TOLERANCE PREPARATORY DIET

- This diet must be followed for 3 days prior to the day of your Glucose Tolerance Test (G.T.T.).
- The GTT measures your body's ability to use CARBOHYDRATES properly. For the test to be valid (correct), the CARBOHYDRATE intake must be at least 290 grams each day.
- Protein (meats, fish, cheese, etc.) and FATS (margarine, oils, nuts, etc.) may be used in normal amounts.
- This diet pamphlet includes a list of commonly used CARBOHYDRATE foods and the average amount of CARBOHYDRATE GRAMS in each.
- You can plan your daily intake of CARBOHYDRATE foods from the list provided. A sample menu is planned for you. (See page 2)

Your test will be scheduled for 8:45 a.m. on: _____

Do not eat or drink anything after midnight the night prior to your test. You must come in fasting for your test at 8:45 a.m. We will draw your blood fasting, and then give you 100 grams of glucola. We will then draw your blood once every hour for the next 3 hours. Bring along a high protein snack so you may eat immediately after your 3-hour G.T.T.

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SAMPLE MENU FOR 250 + GRAM CARBOHYDRATE DIET

BREAKFAST	Orange juice	1 cup	20
	Corn flakes	1 1/2 cups	30
	Toast	1 slice	15
	Jelly	1 teaspoon	5
	Milk	4 ounces	5
	Coffee or Tea	as desired	0
Breakfast Total Carbohydrate			→ 75

LUNCH	Sandwich		
	(including 2 bread)	1	30
	Potato chips	10-12 chips	15
	Carrot sticks	2	0
	Banana	1	20
	Milk shake	12 ounces	35
Lunch Total Carbohydrate			→ 100

AFTERNOON SNACK:			
	Candy Bar		
Afternoon Total Carbohydrate			→ 25

DINNER	Chicken	1 piece	0
	Mashed potatoes	1 cup	30
	Green beans	1/3 cup	0
	Lettuce salad	1	0
	Bread	1 slice	15
	Apple juice	8 ounces	30
Dinner Total Carbohydrate			→ 75

EVENING SNACK:			
	Ice Cream	1/3	15
Evening Total Carbohydrate			→ 15

TOTAL DAILY CARBOHYDRATE → **290**

SUBSTITUTIONS

FOOD ITEM	AMOUNT or SERVING	CARBO-HYDRATE GRAMS
BEVERAGES:		
MILK		
Whole 2%. low fat, skim	8 ounces*	10
Buttermilk	8 ounces*	10
Chocolate Milk	8 ounces*	25
Cocoa (made with milk)	8 ounces*	20
Milkshakes (any type)	8 ounces*	25
Yogurt, plain	8 ounces*	10
Yogurt, fruit flavored	8 ounces*	40
CARBONATED		
(regular or sweetened)	12 ounces	30
FRUIT JUICES		
Apple, pineapple, cider	8 ounces	30
Grape, hawaiian punch, nectars	8 ounces	40
Grapefruit, orange	8 ounces	20
Tomato	8 ounces	10
BREADS AND OTHER STARCHES		
Bread, any kind	1 slice	15
Buns (hamburger, hot dogs)	1 slice	20
Biscuits, muffins	1	15
Cereals, cooked	1/2 cup	15
ready to eat, unsweetened	3/4 cup	15
ready to eat, unsweetened	3/4 cup	25
Crackers	8 or more	15
Macaroni, noodles, spaghetti and rice	1/2 cup	15
Vegetables		
Beans, carrots, peas	1/3 cup	8
Corn	1/3 cup	15
Potatoes, white	1/2 cup or 1	15
Potatoes, french fried	8 large	15
Potatoes sweet	1/3 cup	30

FOOD ITEMS	AMOUNT or SERVING SIZE	CARBO-HYDRATE GRAMS
BREADS AND OTHER STARCHES (con't)		
Dried beans or peas	1/3 cup	15
Casseroles	1 cup	15
FRUITS:		
RAW		
Apple, orange, pear, peach, plum	1 medium	50
Banana	2	50
Cantaloupe	1/4	50
Grapes	12 whole	50
Watermelon	1 slice (3"	50
Canned, all sweetened	1/2 cup	50
SNACK FOODS and DESSERTS:		
Cake with icing	1 slice (1/12)	15
Candy bar (1 oz. or more);	1	15
Ice Cream	1/3 cup	15
Marshmallows	2 medium	15
Pie	1 slice (1/12)	15
Popcorn	1 1/2 Cups	15
Popsicle	1 whole	15
Potato chips	1 cup (10-12)	15
Pretzels	1/2 cup	15
Pudding or custard	1/2 cup	15
Sherbet	1/2 cup	15
Cookies	2	15
MISCELLANEOUS:		
Apple butter	1 tablespoon	5
Chocolate syrup	1 tablespoon	5
Honey	1 teaspoon	5
Jelly, jam	1 teaspoon	5
Maple or Pancake syrup	1 tablespoon	5
Soup, any kind except clear broths	1/2 cup	5
Sugar	1 teaspoon	5