

# Women's Health Partners, LLC

Diplomates of the American Board of Obstetrics & Gynecology

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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

|                              |               |            |      |
|------------------------------|---------------|------------|------|
| <b>BREAKFAST</b>             | 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 |

|                          |                     |             |       |
|--------------------------|---------------------|-------------|-------|
| <b>LUNCH</b>             | 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 |

|                              |           |  |      |
|------------------------------|-----------|--|------|
| <b>AFTERNOON SNACK:</b>      |           |  |      |
|                              | Candy Bar |  |      |
| Afternoon Total Carbohydrate |           |  | → 25 |

|                           |                 |          |      |
|---------------------------|-----------------|----------|------|
| <b>DINNER</b>             | 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 |

|                            |           |     |      |
|----------------------------|-----------|-----|------|
| <b>EVENING SNACK:</b>      |           |     |      |
|                            | Ice Cream | 1/3 | 15   |
| Evening Total Carbohydrate |           |     | → 15 |

**TOTAL DAILY CARBOHYDRATE** → **290**

### SUBSTITUTIONS

| FOOD ITEM                             | AMOUNT or SERVING | CARBO-HYDRATE GRAMS |
|---------------------------------------|-------------------|---------------------|
| <b>BEVERAGES:</b>                     |                   |                     |
| <b>MILK</b>                           |                   |                     |
| 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                  |
| <b>CARBONATED</b>                     |                   |                     |
| (regular or sweetened)                | 12 ounces         | 30                  |
| <b>FRUIT JUICES</b>                   |                   |                     |
| Apple, pineapple, cider               | 8 ounces          | 30                  |
| Grape, hawaiian punch, nectars        | 8 ounces          | 40                  |
| Grapefruit, orange                    | 8 ounces          | 20                  |
| Tomato                                | 8 ounces          | 10                  |
| <b>BREADS AND OTHER STARCHES</b>      |                   |                     |
| 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 |
|--|------------------------|---------------------|
| <b>BREADS AND OTHER STARCHES (con't)</b> |                        |                     |
| Dried beans or peas                      | 1/3 cup                | 15                  |
| Casseroles                               | 1 cup                  | 15                  |
| <b>FRUITS:</b>                           |                        |                     |
| <b>RAW</b>                               |                        |                     |
| 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                  |
| <b>SNACK FOODS and DESSERTS:</b>         |                        |                     |
| 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                  |
| <b>MISCELLANEOUS:</b>                    |                        |                     |
| 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                   |