

Women's Health Partners, LLC

Diplomates of the American Board of Obstetrics & Gynecology
www.myobgynoffice.com

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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				LUNCH			
Orange juice	1 cup	20		Sandwich			
Corn flakes	1 1/2 cups	30		(including 2 bread)	1	30	
Toast	1 slice	15		Potato chips	10-12 chips	15	
Jelly	1 teaspoon	5		Carrot sticks	2	0	
Milk	4 ounces	5		Banana	1	20	
Coffee or Tea	as desired	0		Milk shake	12 ounces	35	
Breakfast Total Carbohydrate → 75				Lunch Total Carbohydrate → 100			
AFTERNOON SNACK:				DINNER			
Candy Bar				Chicken	1 piece	0	
Afternoon Total Carbohydrate → 25				Mashed potatoes	1 cup	30	
				Green beans	1/3 cup	0	
EVENING SNACK:				Lettuce salad	1	0	
Ice Cream	1/3	15		Bread	1 slice	15	
Evening Total Carbohydrate → 15				Apple juice	8 ounces	30	
				Dinner Total Carbohydrate → 75			

TOTAL DAILY CARBOHYDRATE → 290

SUBSTITUTIONS

FOOD ITEM	AMOUNT or SERVING	CARBO-HYDRATE GRAMS	FOOD ITEMS	AMOUNT or SERVING SIZE	CARBO-HYDRATE GRAMS
BEVERAGES:			BREADS AND OTHER STARCHES (con't)		
MILK			Dried beans or peas	1/3 cup	15
Whole 2%. low fat, skim	8 ounces*	10	Casseroles	1 cup	15
Buttermilk	8 ounces*	10			
Chocolate Milk	8 ounces*	25	FRUITS:		
Cocoa (made with milk)	8 ounces*	20	RAW		
Milkshakes (any type)	8 ounces*	25	Apple, orange, pear, peach, plum	1 medium	50
Yogurt, plain	8 ounces*	10	Banana	2	50
Yogurt, fruit flavored	8 ounces*	40	Cantaloupe	1/4	50
			Grapes	12 whole	50
CARBONATED			Watermelon	1 slice (3"	50
(regular or sweetened)	12 ounces	30	Canned, all sweetened	1/2 cup	50
FRUIT JUICES			SNACK FOODS and DESSERTS:		
Apple, pineapple, cider	8 ounces	30	Cake with icing	1 slice (1/12)	15
Grape, hawaiian punch, nectars	8 ounces	40	Candy bar (1 oz. or more);	1	15
Grapefruit, orange	8 ounces	20	Ice Cream	1/3 cup	15
Tomato	8 ounces	10	Marshmallows	2 medium	15
BREADS AND OTHER STARCHES			Pie	1 slice (1/12)	15
Bread, any kind	1 slice	15	Popcorn	1 ½ Cups	15
Buns (hamburger, hot dogs)	1 slice	20	Popsicle	1 whole	15
Biscuits, muffins	1	15	Potato chips	1 cup (10-12)	15
Cereals, cooked	1/2 cup	15	Pretzels	1/2 cup	15
ready to eat, unsweetened	3/4 cup	15	Pudding or custard	1/2 cup	15
ready to eat, unsweetened	3/4 cup	25	Sherbet	1/2 cup	15
Crackers	8 or more	15	Cookies	2	15
Macaroni, noodles,	1/2 cup	15			
spaghetti and rice			MISCELLANEOUS:		
Vegetables			Apple butter	1 tablespoon	5
			Chocolate syrup	1 tablespoon	5
Beans, carrots, peas	1/3 cup	8	Honey	1 teaspoon	5
Corn	1/3 cup	15	Jelly, jam	1 teaspoon	5
Potatoes, white	1/2 cup or 1	15	Maple or Pancake syrup	1 tablespoon	5
Potatoes, french fried	8 large	15	Soup, any kind except clear broths	1/2 cup	5
Potatoes sweet	1/3 cup	30	Sugar	1 teaspoon	5