

Your Health Care Provider has requested a Glucose Tolerance Test be performed. A 150-gram carbohydrate diet is required in order to get accurate results. The 150-gram level is the **minimum** amount of carbohydrates you should consume per day while preparing for the test.

From the chart of average food values below, you can add carbohydrates to your diet with a minimum goal of 50-grams per meal or 150-grams per day.

For good nutrition, the foods listed below should be selected in addition to any meats, vegetables, or salads you may wish to select. Please remember, for a successful test, the total 150-grams of carbohydrates should be consumed.

CHART OF AVERAGE CARBOHYDRATE VALUES

FOOD ITEM	AMOUNT	CARBOHYDRATE CONTENT
Fruit or fruit juice	1 large serving	20 grams
Bread, roll	1 slice	15 grams
Hamburger, hot dog	1 bun	30 grams
Pancake, french toast	1 each	15 grams
Coffeecake, doughnut, sweet roll	1 serving	25 grams
Cereal	1 serving	15 grams
Potato, rice, macaroni, noodles, corn	1 large serving	30 grams
Gravy, cream soup	1 serving	5-10 grams
Crackers (2)	1 pack	5 grams
Cake, éclair, pie	1 serving	40 grams
Sherbet, pudding, custard	1 serving	30 grams
Ice cream (1/2 cup)	1 serving	15 grams
Milk (1 cup)	1 serving	15 grams
Chocolate milk (1 cup)	1 carton	25 grams
Syrup (1-1/2 ounces)	1 pack	35 grams
Sugar (1 teaspoon)	1 pack	5 grams
Jelly/Jam (2 teaspoons)	1 pack	10 grams

Start diet (3 days prior to appointment) on (date) \_\_\_\_\_.

Appointment date: \_\_\_\_\_ time: \_\_\_\_\_.

Begin fasting on (date) \_\_\_\_\_ at (time) \_\_\_\_\_. You are to have nothing to eat or drink other than plain water. Take medication as long as you can take it with water.

Any questions regarding these instructions should be referred to your Health Care Provider or to the lab at 703.692.8990.