

150 GRAM CARBOHYDRATE MEAL PLAN

3 Hour Glucose Tolerance Test Prep Diet

You must include 10 or more of the following per day for three days prior to the test. You may eat other foods as well, but you must include 10 of the following for the test to be accurate.

- ½ Cup Cooked Cereal
- ¾ Cup Dry Cereal
- ½ Cup Potatoes or One Small Baked Potato
- ½ Cup Peas, Corn or Beans
- ½ Cup Squash or Sweet Potatoes
- ½ Cup Cooked Pasta
- 1/3 Cup Cooked Rice
- 1 Slice Bread
- 1 Dinner Roll or 1/2 Hamburger/Hot Dog Bun
- ½ Bagel
- 3 Graham Cracker Squares
- 1 Small Muffin
- 1 4" Waffle
- 2 Pancakes 4" Diameter
- 1 Flour Tortilla
- 1 ½ Cups Cooked Vegetables
- 1 Piece Fresh Fruit
- ½ Cup Canned Fruit
- ½ Cup Fruit Juice

Any One Item May Be Used More Than Once That Day.

YOU MAY HAVE NOTHING TO EAT OR DRINK AFTER 11 PM THE NIGHT BEFORE THE TEST AND YOU MAY HAVE NOTHING TO EAT OR DRINK THE MORNING OF THE TEST.

The test will take approximately four hours.

The test will be performed at _____ . Please call _____ to schedule an appointment.

If you haven't heard from our office within three days of the test please call the Barrington office at 847-382-2320 and ask for the triage desk.