

## INSTRUCTIONS FOR GLUCOSE TOLERANCE TEST

PLEASE FOLLOW THESE INSTRUCTIONS CAREFULLY

1. Eat the diet as listed for three days. Other food may be added if desired.
2. No food or drink is to be taken after 10:00 p.m. the night before the test, except water.
3. Avoid foods containing caffeine during the three-day diet. (Coffee, tea, cola based pop, chocolate and cocoa).

### SAMPLE MENU

BREAKFAST	1 Cup Orange Juice 1 Cup Cereal with 2 tsp. Sugar Egg (if desired) 2 slices toast with butter or margarine 1 Tbsp. Jelly, Jam or Honey 1 Cup Milk
NOON	Soup with 5 crackers Sandwich with 2 slices of bread and 2 oz. meat, fish, or cheese Salad (if desired) 1 serving sweet desert such as pie, cake or cookies 1 Cup Milk 1 tsp. Sugar or Jelly
NIGHT	1 large serving meat, fish or fowl 1 Cup Mashed Potatoes, large baked or broiled potato Hot Vegetable Salad (if desired) Sweet dessert (as at noon) 1 Cup Milk 1 tsp. Sugar or Jelly
EVENING	1 Cup Fruit Juice or 8 oz. sugar-sweetened carbonated beverage

Appointment date & time: \_\_\_\_\_

