

3-Hour Glucose Tolerance Test Sample Menu

Is there a specific diet to follow before the test?

The following is a sample menu that describes the required carbohydrate diet to be eaten each day for the three days before the day of your glucose tolerance test. It is a specific diet, but substitutions, such as a banana for a cup of orange juice, are allowed.

For breakfast have:

- one cup of orange juice for 20 carbohydrate grams
- 1 and 1/2 cups of corn flakes for 30 grams
- one slice of toast for 15 carbohydrate grams
- 1 teaspoon of jelly for 5 grams
- 4 ounces of milk for 5 grams of carbohydrate

You may drink coffee or tea as desired for breakfast. There are no carbohydrates in these beverages. Total carbohydrate intake for breakfast equals 75 grams.

For lunch please eat the following:

- one sandwich made with two slices of bread for 30 carbohydrate grams
- 10-12 potato chips for 15 grams
- 2 carrot sticks which contain no carbohydrate grams
- one banana for 20 grams of carbohydrate
- a 12 ounce milkshake for 35 grams of carbohydrate

For lunch, the total carbohydrate intake equals 100 grams.

During the afternoon have one candy bar for 25 grams of carbohydrate.

For dinner have:

- one piece of chicken which has no carbohydrate grams
- one cup of mashed potatoes for 30 grams of carbohydrate
- 1/2 cup of green beans and one lettuce salad. These items do not have any carbohydrate grams.
- Have one slice of bread for 15 grams of carbohydrate
- 8 ounces of apple juice which contains 30 grams.

Total carbohydrates for dinner equal 75 grams.

In the evening have 1/2 cup of ice cream as a snack for 15 carbohydrate grams.

Please perform this diet for 3 days leading up to your test. The night before your test, please DO NOT eat or drink anything after midnight.