



Diet Instructions for 3-hour Glucose Tolerance Test

This diet is designed to provide you with high carbohydrate foods. The results will determine if your body is able to properly utilize glucose during your pregnancy.

You will need to consume at least 300 grams of carbohydrates per day for three days prior to your blood test being done.

You will need to fast (consume nothing by mouth; even gum, breath mints, cough drops, etc) from midnight on the night before your lab test. The lab will draw a fasting blood sugar, then you will drink a bottle of glucola (sugar water) and they will again draw your blood glucose at one hour, two hours and three hours. Please allow enough time for this test; you may want to bring a good book.

DIET INSTRUCTIONS

Starchy foods, vegetables, fruits and milk contain carbohydrates. Each food group is listed below indicating what a serving is and how many grams of carbohydrates are in 1 serving. Remember, you need to consume at least 300 mg of carbohydrates per day for three days. This is a sample of how to get those carbohydrates in your diet.

1 serving of bread/starch = 15 grams	½ c. pasta ½ c. potatoes ½ c. corn or peas ½ c. kidney beans ½ c. cooked cereal ½ c. dry cereal 1 slice bread ½ hamburger bun ½ bagel or English muffin
1 serving of fruit = 15 grams	½ c. juice or applesauce or grapes 1 small apple 1 orange 1 small pear 1 c. strawberries ½ small grapefruit ½ small banana 1 peach 2 Tbsp raisins

1 serving of vegetable = 5 grams ½ c. cooked
or 1 c. raw vegetables

1 serving of milk or yogurt = 12 grams 1 cup (8 oz.)

EXAMPLES OF 300 GRAMS OF CARBOHYDRATES

BREAKFAST

¾ c. cornflakes	15g
1 c. milk	12g
½ c orange juice	15g
1 bagel	30g

AM SNACK

3 graham crackers	15 g
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LUNCH

Hamburger bun	30g
3 oz. ground beef	0g
2 c. tossed salad with dressing	10g 0g
1 c. potato salad	30g
1 c. milk	12g

PM SNACK

8 oz. yogurt	12g
with ¼ c. granola	15g

DINNER

Spaghetti sauce With 1 c. noodles	30g 30g
½ c. green beans	5g
2 bread sticks (garlic)	30g
2 small cookies	15g
1 c. milk	12g

EVENING SNACK

3 c. popcorn	15g
decaf diet soda	0g