

**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 and 5 crackers  
                              Sandwich with 2 slices of bread and 2 oz. meat, fish, or cheese  
                              Salad (if desired)  
                              1 serving sweet dessert 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: \_\_\_\_\_

