



Glucose Test Diet Instructions

Orders have been sent to our lab for a glucose tolerance test. The following diet instructions have been specially designed for you for use prior to this test. It is designed to supply the proper amounts of food needed to obtain an accurate test of how well your body burns carbohydrates. It is very important that you eat at least the amounts shown on the diet; however, you may eat more than these amounts, or additional types of food, if desired. **Just please be certain to eat everything listed on the diet.** Snacks are permitted.

1. Eat the food listed each day for three (3) days, plus anything else you desire.
2. No food or liquid, except water, should be consumed after 10pm the night prior to your test on day four (4).
3. Continue to take only those medications prescribed by your doctor.

Breakfast:

Fruit (1 banana, 1 orange, ½ grapefruit, or ½ cup of fruit juice)
Cereal (1/2 cup)
Bread (1 slice)
Milk (1/2 cup)
Sugar (2 teaspoons)

Lunch:

Meat, cheese, or egg (as desired)
Bread (2 slices) or spaghetti, macaroni, rice, or noodles (1 cup, cooked)
Dessert (fruit, cake, pie, or cookies)
Milk (1 cup)
*Meat, tomatoes, etc. can be added as desired

Dinner:

Potato (1 medium)
Vegetable (at least ½ cup)
Bread (1 slice)
Meat (as desired)
Milk (1 cup)
Dessert (tapioca, rice pudding, or fruit)

If you have any questions concerning the test or instructions, please call our office at 208-746-1383, extension *6500 and we will be happy to answer your questions. Thank you.