



Obstetrics & Gynecology, P.C.
Competent, compassionate health care for women.

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Diet for Glucose Tolerance Test

Continue to follow a regular, unrestricted weight maintenance diet for three consecutive days before the glucose tolerance test. The diet must contain at least 150 grams of carbohydrates each day. Failure to consume at least 150 grams of carbohydrates each day may lead to an inaccurate test result. Recommendations for providing adequate amounts of carbohydrates are as follows:

<u>Food Group</u>	<u>Minimum Servings/Day</u>
Fruit	3 Servings
Starch	6 Servings
Vegetable	1 Serving
Milk*	1-2 Servings
Fat	As desired
Meat	As desired

*note: If milk is not tolerated, choose 2 more servings from either the fruit or starch group.

Food Groups

Each food listed equals one serving

Fruit

1 fresh medium fruit
1 cup fresh fruit
½ cup canned unsweetened fruit
½ cup fruit juice
¼ cup dried fruit

Starch

½ cup cooked pasta, cereal, potato or starchy veg.
1/3 cup cooked rice or dried beans
¾ cup sweetened dry cereal
1 slice bread
½ English muffin, bagel or bun

Vegetable

½ cup cooked vegetable
1 cup raw vegetable
½ cup low sodium tomato or veg.
Juice

Milk

1 cup skim or ½ % milk
8 oz. Non-fat yogurt

Meat

1 oz. poultry, low-fat cheese or
Lean meat
¼ cup 1 % milk-fat cottage cheese
Or tuna
1 egg, or ¼ cup egg substitute
1 Tbsp natural peanut butter

Fat

1 tsp oil, margarine or mayonnaise
2 tsp. diet margarine or mayonnaise
1 Tbsp salad dressing
1 Tbsp low-cal salad dressing

Nothing to eat, drink, no smoking or chewing gum after midnight prior to your test day.

Be at the office to begin testing between 8 and 8:30 AM.