

# Diet Preparation for a Glucose Tolerance Test

**APPOINTMENT DATE and TIME:** .....

**START DIET ON:** .....(3 days before the appointment)

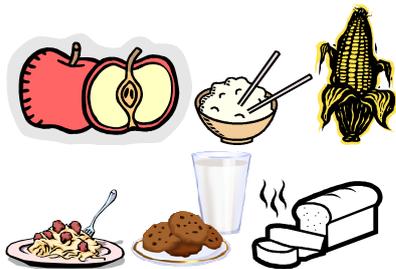
The results of this test will be more reliable if you eat a reasonable amount of carbohydrate on each of the three days before the test. Carbohydrate foods include bread, cereals, rice, pasta, potato, other vegetables and fruit.

On each of the 3 days before the test you should eat **at least 10 'serves' of carbohydrates.**

These carbohydrates should be spread out **over the whole day**, and you can choose whichever ones you prefer. Most people eat more carbohydrate than this in their normal diet.

The following is a list of commonly eaten carbohydrate foods, with a guide to how much approximately makes 'one serve'.

## **1 carbohydrate serve**



- = 1 slice of bread = ½ large bread roll or muffin
- = 1/4 lebanese bread
- = 1 apple = 1 orange = 1 small banana
- = 1 punnet strawberries
- = medium mandarin = 2 peach = 3 apricots = 3 prunes
- = 2 weetbix
- = ¼ cup muesli = 1/3 cup Just Right = ½ cup bran flakes  
(most people would have 2–3 serves of cereal for a meal)
- = ¾ cup cornflakes (most people would have 2 serves of  
cornflakes for a meal ie a bowlful is about 1½ cups)
- = 2 biscuits (eg milk coffee, shredded wheat, full-o-fruit)
- = 1 cup milk
- = 1 x 200g carton of yoghurt
- = 1/2 cup cooked pasta (most people would have 1 -1½  
1 cups pasta for a meal, which would be 2-3 serves)
- = 1/3 cup cooked rice (most people would have 2/3 –1 cup  
of rice for a meal which would be 2-3 serves)
- = 1 medium potato
- = 1 small corn cob

- If you find it difficult to eat all of this extra food, have some extra fruit juice or biscuits instead of the bread, cereal etc.
- You may eat more carbohydrate than this.
- You should also eat the meat, fish, eggs, cheese, butter and margarine that you would usually have.

- ❖ **DO NOT EAT AFTER 10 PM ON THE EVENING BEFORE THE TEST.**
- ❖ **Do not smoke after 9pm.**
- ❖ **You may however have water up to the time that the test starts.**

