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# QUALITY WOMEN'S CARE OF FLORIDA, LLC.

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## 3 HOUR GLUCOSE TOLERANCE TEST – DIET INSTRUCTIONS

**\*FOR USE 3 DAYS PRIOR TO THE GLUCOSE TOLERANCE TEST\***

This diet has been specially prepared for you. It is designed to supply the proper amount 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. Just be certain to eat everything listed on the diet.

**\*EAT THE FOODS LISTED EACH DAY FOR 3 DAYS\***

**\*No food or liquid, except water, should be consumed after 10pm, prior to the morning of the test. YOU MUST BE FASTING!**

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

Lunch: Meat, cheese, or eggs (as desired), plus bread (2 slices) – or -macaroni, rice or noodles (1 cup cooked)  
Dessert (fruit, cake, pie, or cookies)  
Milk (1 cup)  
Meat, tomatoes, etc may be added as desired

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