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Obstetrics & Gynecology

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150 gram Carbohydrate diet

The following diet is to be eaten for the two days prior to your three hour glucose tolerance test. This carbohydrate rich diet will provide you with at least 150 grams of carbohydrates daily.

1. Bread: Eat at least 6 servings daily. One serving (15 grams carbohydrates per serving) is:
 - 1 slice bread, $\frac{3}{4}$ cup cereal, $\frac{1}{2}$ cup pasta, 1 cup rice, 1 tortilla, 6 saltine crackers, 1 small pancake, 1 waffle, 1 small potato, 1 small serving french fries, 1 serving pretzels/potato chips, 1 small muffin, $\frac{1}{2}$ large bagel, 1 roll, 3 cups popcorn, or $\frac{1}{2}$ cup cooked cereal.
 - A sandwich with 2 slices of bread would be 2 servings, or 1 cup of pasta would be 2 servings.

2. Fruit and fruit juice (15 grams carbohydrates per serving):
 - Eat at least 2 servings each day. Each piece of fruit or $\frac{1}{2}$ cup of fruit juice is 1 serving.

3. Milk and dairy (12 grams carbohydrates per serving):
 - Eat at least 3 servings each day. Each 8 ounce glass of milk is a serving.

4. Other (5 grams carbohydrates per serving):
 - Your diet should include vegetables and meat or other proteins.

This diet will have at least 150 grams of carbohydrates. Please remember, you must fast for 12 hours before the glucose tolerance test. Do not eat or drink anything except water the night before your test.