

DORAN CLINIC FOR WOMEN

OBSTETRICS & GYNECOLOGY
MEDICAL ARTS BUILDING
1015 DUFF AVENUE
AMES, IOWA 50010
LAB: 515-239-6963

START DIET ON _____
YOUR LAB APPT.: 8AM

DIET INSTRUCTIONS

(for use prior to standard Glucose Tolerance Test)

This diet has been specially prepared for you. 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 be certain you 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 8 p.m., prior to the morning of the test.
3. You will be required to remain in the office the entire time, so it is wise to bring something to do.
4. Please feel free to call if you have any questions.

BREAKFAST Fruit (1 banana, 1 orange, 1/2 grapefruit, or 1/2 cup juice)
 Cereal (3/4 cup)
 Milk (1/2 cup)
 Sugar (if desired)

LUNCH Meat, cheese or egg (as desired) plus bread (2 slices) OR
 Spaghetti, macaroni, rice, or noodles (1 cup, cooked)*
 Milk (1 cup)

*Meat, tomatoes, etc., may be added as desired

**AFTERNOON
SNACK** Fruit

DINNER Potato (1 medium)
 Vegetable (at least 1/2 cup)
 Meat (as desired)
 Milk (1 cup)

**EVENING
SNACK** Fruit