

Glucose Challenge Test Prep Diet

This prep diet can help to reduce the false positive results in this test. By eliminating refined carbohydrates temporary, reduces insulin spikes, which in turn can result in a truer reading of how your insulin reacts to sugar when introduced.

Preparation Diet: At least 3 days

Prior to test load up on complex carbohydrates

Whole grains - for instance; oatmeal, brown rice, barley, beans, 100% whole grain breads; a good choice is 7 grain bread or Ezekiel 4:9 sprouted grain bread
vegetable starch - like potatoes white and yellow
green vegetables - any kind

Do not eat:

refined carbohydrates
white bread pastries cookies
Sugar, honey, maple syrup etc.
fruit juice
fruit except apples

Continue to eat: high protein foods, green leafy veggies etc. Dairy is fine.

The morning of the test:

Breakfast - high protein and vegetables, for instance; an egg omelet with a variety of vegetables. (same as before, no bread, fruit or juice), continue the prep diet until the test. There is no fasting for this test.

The Test:

The test requires drinking 50 grams of a Glucose Drink within 5 minutes and testing your blood one hour later.

In order to avoid the processed standard drink I have you drink **10 oz. of Organic Grape Juice** - (pure purple grape no other juice mixtures) make sure you look at the side panel and confirm that **10 ounces = 50 Grams of Sugar**.

About 30 - 45 minutes prior to your visit. Drink the juice in 5 minutes, note the time you start. I will draw you blood during our visit.

Please bring a high protein snack with you to eat after the test.

Adapted from Anne Frye, Understanding Diagnostic Tests in the Childbearing Year.