

**GLUCOSE TEST PREPARATION:  
150 GRAMS OF CARBOHYDRATE**

You are scheduled for a blood test to determine whether you have gestational diabetes. In order to be sure that the test is accurate, you will need to eat at least 150 grams of carbohydrate for the three days prior to the test. **DO NOT EAT LESS THAN 150 GRAMS OF CARBOHYDRATE** for each of three days before the blood test. To get 150 grams of carbohydrate in our diet, you need to **eat at least 10 portions of the foods listed below.** (You may have more than 10 portions and it will not affect your test.) Each portion size contains 15 grams of carbohydrate. Measure food after it is cooked.

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**STARCHES**

Bagel	½
Biscuit, small	1
Bread-Regular	1
Low-Calorie	2
Cereal	½ cup
Cornbread	2"x2"
English Muffin	½
Grits	½ cup
Hamburger Bun	½
Lasagna	1 ½ x 2"
Oatmeal	½ cup
Pasta	½ cup
Muffin, small	1
Muffin, large	1/3
Noodles	½ cup
Pancakes, small	2
Pizza, medium	
Thin crust	1/8
Thick crust	1/16
Puffed Rice	1 ½ cup
Rice	1/3 cup
Roll, small	1
Soup	½ cup
Spaghetti	½ cup
Taco Shells	2

**STARCHY  
VEGETABLES**

Baked Beans	½ cup
Corn	½ cup
Dried Beans	½ cup
French Fries	12
Peas	½ cup
Potatoes	½ cup

**MILK**

Milk, all kinds	1 cup
Pudding	½ cup

**FRUIT**

Apple or Orange	1 small
Banana, large	½
Berries or Melon	1 cup
Canned Fruit	½ cup
Grapes or Cherries	15
Peach or Pear, med	1
Raisins	2 tbsp

**SWEETS &  
SNACKS**

Cake	2"x2"
Chips	10-15 (1oz.)
Candy Bar	1 snack size
Cookie, 3" diameter	1
Graham Cracker	3 squares
Granola Bar	1 oz bar
Ice Cream	½ cup
Popcorn	3 cups
Saltines	6
Soft Drink	4 oz.

Follow these instructions for three days prior to the next blood test ordered by your physician. (If you have to retake the test for Gestational Diabetes, you will have to follow these instructions again.) These instructions do not relate to other types of blood work.

**\*\*\*Remember: Do not eat breakfast on the day of the test\*\*\*.**