

# 150 Gram Carbohydrate Diet

This diet has been designed to provide you with a minimum of 150 grams of carbohydrates during the 3 days before your oral glucose tolerance test (OGTT). It is important that you consume at least this minimum amount of carbohydrate to ensure that the test is accurate.

To ensure that you consume enough carbohydrate, please use the guide below. If all boxes are checked at the end of the day, you have consumed at least 150 g of carbohydrate. It does not matter what time of day you consume these items, as long as the total number of servings is used daily. You can consume more carbohydrate containing foods, if you would like.

Meal	Day 1	Day 2	Day 3	Foods that contain carbohydrate
<b>Breakfast</b>				125 mL (4 fl oz) fruit juice <b>or</b> 1 serving of fruit
				$\frac{3}{4}$ cup cereal <b>or</b> 1 slice of toast <b>or</b> 1 small muffin
				250 mL (8 fl oz) milk
<b>Snack</b>				1 serving of fruit <b>or</b> 1 small muffin <b>or</b> 2 cookies
<b>Lunch</b>				1-2 slice(s) of bread <b>or</b> 1 bun
				1 serving of fruit <b>or</b> other dessert
				250 mL (8 fl oz) milk <b>or</b> 125 mL (4 fl oz) fruit juice
<b>Snack</b>				1 serving of fruit <b>or</b> 6 crackers <b>or</b> 2 cookies
<b>Dinner</b>				1 slice of bread <b>or</b> 1 small potato <b>or</b> $\frac{1}{2}$ cup cooked rice
				1 serving of fruit <b>or</b> other dessert
				250 mL (8 fl oz) milk <b>or</b> 125 mL (4 fl oz) fruit juice
<b>Snack</b>				6 crackers <b>or</b> 1 serving of fruit <b>or</b> 2 cookies

To complete meals and snacks, add any other foods or beverages that you desire.