

COASTAL NATUROPATHIC CENTER

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Glucose Tolerance Test Done at Home

Meal

About an 80 gram carbohydrate load

OPTION 1:

- 2 Scrambled eggs
- 2 slices of toast (40 gm)
- 8 oz OJ or Apple juice (28 gm)
- 8 oz whole milk or plain yogurt (12gm)

OPTION 2:

- Cereal that totals 30 grams of CHO
- 1 toast with 1/2 TBS jam (26 gm)
- 4 oz of juice (14 gm)
- 8 oz. oz. of milk or equivalent(12 gm)

Water is neutral, drink as desired. Anything with calories or any sweetness should be avoided unless it is on the diet above.

Measure of Blood Sugar:

- Fasting blood Sugar before the meal _____
- 1/2 Hour after beginning meal _____
- 1 hour after beginning meal _____
- 1 1/2 hour after the meal _____
- 2 Hour after the meal _____

If last # is above 100 or below 75 retest at 3 hour: _____

Healthy fasting glucose should be 75-95. Any result over 200 indicates diabetes. A 2-hour result should be within about 10%-20% of the fasting number. Impaired glucose tolerance is when it is below diabetes and above normal.