

50 Gram Carbohydrate Test Breakfast

Your midwife has requested that you have a one hour post-meal blood test to find out precisely how your body handles sugar. In order for the test results to be accurate and meaningful, you will need to eat a breakfast that contains an average of 50 grams of carbohydrates. A blood test needs to be taken one hour after you have eaten this meal.

Please eat all the foods in the amounts listed:

- 4 ounces unsweetened juice (orange, grapefruit or apple)
- 2 eggs (scrambled, poached or boiled)
- 2 slices toast with butter or 1 slice toast with butter and 1 cup unsweetened dry cereal
- 8 ounces milk (whole, low-fat or skim)
- Coffee or tea (optional)