

## Sample Meal for 2-Hour Postprandial Glucose Test

The 2-hour postprandial (*2 hours after you have eaten*) test is performed by a simple blood test here at DVIF&G. The results of this test will be followed by a scheduled visit with a doctor at DVIF&G a week or two after your blood was taken. At that time, your doctor will be able to determine how well you are responding to diet and/or medication. In order to have accurate results, please be sure to follow the important steps below:

- Be sure that you schedule the 2-hour postprandial glucose test at 6-8 weeks after you have started your diet and/or medication.
- This test should be scheduled around your **breakfast or lunch meal**. Plan on having your blood taken as close to 2 hours after you have eaten breakfast or lunch as possible. (*See below for meal planning instructions*). Example: If you ate lunch at 12 p.m., your blood will be taken at 2 p.m. If you are scheduled for a 2-hour postprandial after lunch, be sure that you eat your breakfast that morning about 4-5 hours before lunch.
- Before you leave, be sure that you have scheduled your follow up visit with the doctor to go over your lab results.

### Meal Planning Breakfast or Lunch Guidelines for 2-Hour Postprandial Glucose Test:

*Please be sure to follow below in order to obtain accurate results.*

**Your breakfast or lunch should consist of:**

- **45 grams of carbohydrates (3 carbohydrate servings)**
- **21 grams of protein (3 ounces)**
- **1-2 servings non-starchy veggies (optional for breakfast meal)**
- **5-10 grams of fat (1-2 fat servings)**

**\*\*Beverages may be water or any diet drink (zero carbs)\*\***

#### Example 1

2 slices of whole wheat or rye bread  
1 small apple  
3 oz. of turkey breast  
1 cup of carrots  
1 tsp. of mayo  
1 tbsp. salad dressing (to dip carrots)

#### Example 2

2 slices of whole wheat toast  
1 medium orange  
2 tbsp. peanut butter

#### Example 3

♥Lean Cuisine or Smart One frozen meal  
Read food label for lunch meal plan guidelines  
for correct amount of total carbs, protein and fat.