

# CARB TOLERANCE TEST

Prepare the testing food the night before you plan to test. In the morning, take your fasting blood sugar. Consume the test food by itself (black coffee and water are acceptable during the test as long as you consume them in the same amounts for each test). Test your blood sugar again 2 hours after your last bite of the test food (set an alarm so you don't forget). Avoid exercise during the test.

	Date	Volume	Weight	Fasting	2 Hours	Notes
White Rice		1.14 cups cooked	6.35 ounces			
Gluten Free Oats		2.1 cups cooked	17.1 ounces			
Organic Sweet Potato		1.45 cups baked	10.2 ounces			
Soaked Black Beans		1.95 cups cooked	11.82 ounces			

## Additional Carb Test Options

	Volume	Weight
<b>Brown Rice (cooked)</b>	1.03 cups	7.4 oz
<b>Polenta</b>	1.4 cups	12.7 oz
<b>Corn Tortillas</b>	5.5 small	4.6 oz
<b>Grits (cooked)</b>	1.4 cups	12.7 oz
<b>Quinoa (cooked)</b>	1.47 cups	9.7 oz
<b>GF Bread</b>	3.5 pieces	4.2 oz
<b>Lentils (cooked)</b>	2.18 cups	15.17 oz
<b>Pinto Beans (cooked)</b>	1.73 cups	10.4 oz

	Volume	Weight
<b>Garbanzo Beans (cooked)</b>	1.55 cups	9 oz
<b>White Potato (baked)</b>	2 cups	8.82 oz
<b>Butternut Squash (cooked)</b>	3.4 cups	24.3 oz
<b>Beets (cooked)</b>	3.7 cups	22.2 oz
<b>Bananas</b>	1.1 cup	8.8 oz
<b>Grape Juice</b>	1.4 cups	12.3 oz
<b>Apple Sauce</b>	2 cups	17.35 oz
<b>Pineapple</b>	2.6 cups	14.8 oz