

Gluten-Free Glucose and Insulin Testing (2 hour post prandial)

Eat one of the following options 2 hours before having your blood drawn. The purpose of this test is to show your body a high sugar load and see how efficient it is at handling it. A poor response means your have increased risk for diabetes. If present, then there are things we can address to remove that risk.

1. Gluten-free bagel x1 (“Enjoy Life” brand has 45 carbs) PLUS 2 tablespoons of traditional jam or jelly (“Smuckers” brand has 26 grams of carb per 2 TBSP). Total of 71 grams of high glycemic carbs.
2. Carmel rice cakes x4 (“Quaker” brand has 44 grams of carb in 4 cakes) PLUS 2 tablespoons of traditional jam or jelly (“Smuckers” brand has 26 grams of carb per 2 TBSP). Total of 70 grams of high glycemic carbs.
3. Rice Bread x2 slices (“ENER-G” Brown Rice Bread has 36 grams of carb in 2 slices) PLUS 3 tablespoons of jelly or jam (39 grams of carb). Total of 75 grams of high glycemic carb.
4. 1 & 1/3rd cup cooked white rice (60 grams of carb) PLUS 1 tablespoon of maple syrup (14 grams of carb) would total 74 grams of high glycemic carb.

