

# Carbohydrate Stimulation Test

## Optional Testing as Part of the **Adrenal Stress Index™**

Each of the following food items/serving sizes contains 15 grams of carbohydrate. Choose **five** of the options listed below, in any combination, to provide **a total carbohydrate load of 75 grams\***. These can be combined with fats and proteins. Consume items as part of the lunchtime meal, and then collect sixty minutes later (i.e., sixty minutes after the first bite of food).

### Breads and Grains

- 1 slice bread (1 ounce)
- ½ cup cooked pasta, cooked cereal (for example, Cream of Wheat™), or oatmeal
- 1/3 cup cooked rice
- ¾ cup flake cereal (for example, Corn Flakes™ or Wheaties™)
- ½ hamburger or hot dog bun, ½ English muffin, or ½ frozen bagel
- 3 cups air-popped popcorn
- 1 small (3-inch) potato
- 2 rice cakes
- 6 saltines or three (2½-inch squares) graham crackers
- 1 6-inch tortilla (corn or flour)

### Fruits

- ½ cup apple, orange, or grapefruit juice
- 1 small (2½-inch) apple, peach, or orange
- ½ cup applesauce or canned fruit
- ¾ cup fresh blueberries
- 1/3 cup cranberry juice cocktail, grape juice, or prune juice
- 15 small grapes or 12 large grapes
- 1 kiwi fruit
- ½ large pear or fresh grapefruit
- 2 Tbsp raisins or 1/4 cup dried fruit
- 1-1/4 cup fresh strawberries or melon cubes

### Starchy Vegetables and Beans

- ½ cup mashed potato, corn, or green peas
- 1/3 cup dried beans or dried peas
- 1 cup winter squash (acorn, pumpkin)

\* Standard recommendation is 75g glucose according to the most recent World Health Organization guidelines ("Definition and Diagnosis of Diabetes Mellitus and Intermediate Hyperglycemia" 2006. [http://whqlibdoc.who.int/publications/2006/9241594934\\_eng.pdf](http://whqlibdoc.who.int/publications/2006/9241594934_eng.pdf))

