

EATING PRIOR TO TREATMENT FOR **NON-DIABETICS**

Protein and fat do not raise blood glucose levels. These foods consist of cheese, chicken, beef, turkey, eggs, tofu, peanut butter, avocados, protein shakes with water.

To raise your blood glucose prior to treatment, you need to have a carbohydrate snack or meal.

GOAL BEFORE A TREATMENT

Prior to treatment, eat a balanced meal to ensure that your blood glucose is above 120 when you arrive at the clinic. You can achieve this by eating a meal that has around *60 grams of carbohydrates*

OR

a snack that has around *30 grams of carbohydrates*

BREAKFAST:

- Toast with peanut butter, banana, and honey
- English muffin with eggs, cheese, and turkey bacon with berries on the side
- Yogurt with granola, fruit, and honey
- Smoothie: 1% milk, frozen banana, chocolate instant carnation breakfast powder, ice, peanut butter
- 2 frozen waffles with peanut butter
- Bowl of cereal with milk
- Oatmeal with bananas and peanut butter, or brown sugar and fruit, like blueberries and raspberries

LUNCH:

- Peanut butter and jelly sandwich with pretzels and cheese
- Ham sandwich with carrots and hummus on the side
- Yogurt with granola, fruit, and honey
- Tuna salad/egg salad sandwich on bread with baked chips and an orange
- Grilled chicken sandwich with chips and fruit
- Pasta salad with chicken and vegetables
- 2 small slices of pizza with a side salad

WHAT TO BRING TO EAT DURING TREATMENT:

- Granola bar (at least 25 g of carbohydrates)
- 8 oz bottle of juice
- Fruit: grapes (preferably red), watermelon, pineapple, banana, apple
- Cookies
- Applesauce
- Yogurt
- Candy: M&M's, Skittles, Reese's, peppermints
- Graham crackers
- Vanilla wafers
- Trail mix (with raisins and candy)
- Pretzels (with hummus if wanted)