

# Carbohydrate Stimulation Test

## Testing for Insulin Resistance with the Adrenal Stress Index™

Each of the following food servings contains 15 grams of carbohydrate. Choose **five** of the options listed below, in any combination, to provide **75 grams total of carbohydrates**. These servings can be combined with additional proteins and fats. Consume all servings as part of your lunchtime meal, and then collect your **NOON saliva vial** sixty minutes later (i.e., sixty minutes after your first bite of food).

### Breads and Grains

- 1 slice bread, white or whole grain (1 ounce)
- 1/3 cup cooked rice, white or brown
- 1/3 cup cooked quinoa or other grain
- 1/2 cup cooked pasta, white or whole grain
- 1/2 cup cooked oatmeal or cooked cereal (e.g., Cream of Wheat™)
- 3/4 cup corn flakes or wheat flakes cereal
- 1/2 hamburger or hot dog bun, 1/2 English muffin, or 1/2 bagel
- 3 cups popcorn
- 2 rice cakes
- 6 saltine crackers or three (2-1/2 inch squares) graham crackers
- 1 6-inch tortilla (corn or flour)

### Fruits

- 1/2 cup apple, orange, or grapefruit juice
- 1 small (2-1/2 inch) apple, peach, orange, or other fruit
- 1/2 cup applesauce or canned fruit
- 3/4 cup blueberries
- 1/3 cup grape juice, prune juice, or cranberry juice blend
- 15 small grapes or 12 large grapes
- 1 kiwi fruit
- 1/2 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

- 1/2 cup mashed potato, corn, or green peas
- 1 small (3-inch) potato
- 1/3 cup dried beans or dried peas
- 1 cup winter squash (e.g., acorn, butternut, pumpkin, spaghetti squash)