

## Testing Procedure for Conducting a Blood Sugar Response to Foods Study

1. Do this experiment only when you're feeling well. Allergies and illness can skew glucose reading results in your study. During the tests, you should stay relaxed and avoid physical activity, blood glucose levels can change in response to emotional and/or physical changes in your body.
2. Fast for 8-12 hours before beginning this experiment. Pure water is ok to drink while fasting.
3. Take your baseline blood sugar level just prior to ingesting the food to be tested.
4. Ingest a serving of the food to be tested. Wait 15 minutes and test your blood sugar, and log your results. Repeat test readings every 15 minutes for a total of two hours (a total of 7 tests). Be sure to remember to accurately log the results noting the time. At the 2 hour mark, if there is still an elevation of more than 10 mg % from your baseline blood sugar level, then continue testing every 15 minutes until your glucose level returns to your baseline.
5. If the food you are testing is expected to not raise blood sugar, due to its dietary nutritional and ingredient label, yet there was an increase in blood sugar during the first round of testing, consider repeating this test a few days later for an accuracy comparison study.
6. Always take the food you're testing alone, and in its purest form possible, without mixing it with other foods such as milk for example. If there is an increase in blood sugar in the first testing round, and the tested food was mixed with another food, repeat the test without mixing in other foods. Note: If the food you are testing is usually eaten with a fat or protein, and the first test round reading is higher, try to re-test adding back in the fat or protein to see if this blunts the sugar elevation response. This step is not necessary if there was no increase in blood sugar during the first testing round.

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