

PET-CT Diet Plan

24 hours before your exam

- Follow a low-carbohydrate diet. Use the guideline below for menu ideas.

6 hours before your exam

- Do not eat; this includes tube feeding.
- Do not chew gum
- You may drink ONLY water

Suggested Foods

- Protein: non-breaded beef, chicken, turkey, fish, pork, lamb, ham (without honey), hot dogs, lunch meats, fish, shellfish, crab, peanut butter (1 or 2 servings total), most nuts and sunflower seeds (2 ounces total) and eggs.
- Dairy: Low-fat cottage cheese, cheese, 1 serving light yogurt with artificial sweetener (Dannon light or Yoplait light), sour cream, butter, half and half.
- Vegetables: Green beans, asparagus, broccoli, cabbage, cauliflower, celery, cucumber, lettuce, mushrooms, radishes, spinach and zucchini.
- Condiments: Mayonnaise, salad dressing and barbeque sauce (those with 3 g or less per serving of

carbohydrates), oil, vinegar, mustard, hot sauce, tarter sauce, olives, dill pickles.

- Beverages: Diet soda, black coffee or tea (may add artificial sweetener and half and half), water (diet flavored o.k.), sugar free crystal light.

Menu Suggestions

Breakfast

- Bacon/Sausage and eggs
- Ham and cheese omelet
- Light yogurt
- Veggie and cheese omelet

Lunch

- Egg salad
- Chef salad (no tomato)
- Ham and Cheese wrapped in lettuce leaves
- Cottage cheese

Dinner

- Veggie/Meat soup made with canned broth
- Cheeseburger no bun
- Chicken with barbeque sauce

*For a snack try celery and peanut butter, light yogurt or cottage cheese.

OVER →

Foods to Avoid

All foods containing sugar and most processed foods even “Low-carb” items.

Fruits and Vegetables

- All fruits
- Potatoes
- Corn
- Carrots
- Legumes (beans)
- Tomatoes
- Peas
- Squash
- “Veggie Burgers”

Breads and Grains

- All types of grains
- Rice
- Breaded foods
- Pastas/Noodles
- Rice Cakes
- Rice (Brown and white)
- Crackers

Beverages

- Beer, Wine, Liquor
- Juices

Snack foods

- Chips/pretzels
- Candy, gum
- Cough drops
- Breath mints

Other

- Syrups
- Jams
- Ketchup
- Sauces and gravies