

# Pre PET/CT Diet Plan & Meal Ideas

Following this diet is important for normal distribution of the radioactive glucose (F18-FDG) in your body. 24 hours prior to your exam, you will need to follow a low carbohydrate/high protein diet. The food items listed below are only suggestions. **It is not necessary to consume all food items listed.** If you wish, you can substitute other low carbohydrate foods for the ones recommended below. Most importantly, avoid sugar and other high carbohydrate foods such as white rice, white breads, fruits, pastries, and cookies.

On the day of your scan, you must fast for 6 hours prior to the exam (Diabetic patients must fast for 4 hours prior to exam). Use the diet suggestions for breakfast if your exam is scheduled for the afternoon. Although you are asked to fast, you may drink as much water as you wish.

## Suggested Foods

**Protein:** Non-breaded beef, chicken, turkey, fish, pork, lamb or ham (without honey); hot dogs; lunch meats; fish, shellfish or crab; peanut butter (1-2 servings total), most nuts or sunflower seeds (2 oz total); and eggs.

**Dairy:** Low-fat cottage cheese, light yogurt, sour cream or butter.

**Vegetables:** Green beans, asparagus, broccoli, cabbage, cauliflower, celery, cucumber, lettuce, mushrooms, radishes, spinach or zucchini.

**Condiments:** Mayonnaise, salad dressing & barbeque sauce (those with 3g or less per serving of carbohydrates), oil, vinegar, mustard, hot sauce, tartar sauce, olives, dill pickles.

## Meal Suggestions

**Breakfast:** Bacon/sausage & eggs; ham & cheese omelet; light yogurt; veggie & cheese omelet.

**Lunch:** Egg salad; chef salad with no tomatoes or croutons; ham & cheese wrapped in lettuce leaves; cottage cheese; turkey, chicken, tuna, ham or other luncheon meat.

**Dinner:** Veggie or meat soup with canned broth; cheeseburger without the bun; grilled chicken with barbeque sauce; green beans.

## Foods to AVOID

All foods containing sugar and most processed foods. Even "low-carb" versions of the items listed below.

Potatoes	Tomatoes	Bread- all types of grains	"Veggie" burger	Corn
Peas	Breaded foods	Soybeans (Edamame)	Carrots	Fruit
Rice (brown & white)	Syrups and Jams	Legumes	Juices	Pastas/Noodles
Crackers	Squash	Milk	Sauces & Gravies	Breath Mints
Ketchup	Chips/Pretzels	Ice Cream	Candy/Gum	Rice Cakes



PHYSICIANS' CLINIC  
of Iowa, P.C.  
Together in health.

Imaging • 202 10th Street SE • Cedar Rapids, IA 52403  
P: (319) 247-3750 • F: (319) 247-3767 • pcofowa.com