



FDG-PET Exam Diet Plan

Beginning 24 hours prior to your FDG-PET exam, follow a low carbohydrate diet. Use the guideline below for suggested foods, menu ideas, and foods to avoid.

Proteins		
<ul style="list-style-type: none"> • Non-breaded beef • Chicken • Turkey • Fish 	<ul style="list-style-type: none"> • Pork • Lamb • Ham (without honey) • Hot dogs 	<ul style="list-style-type: none"> • Lunch meat • Fish, shellfish, and crab • Peanut butter (two servings) • Most nuts and sunflower seeds
Dairy		
<ul style="list-style-type: none"> • Low fat cottage cheese • Cheese • Sour cream 	<ul style="list-style-type: none"> • Butter • Half and half • Light yogurt with artificial sweetener (one serving) 	
Vegetables		
<ul style="list-style-type: none"> • Green beans • Asparagus • Broccoli • Cabbage 	<ul style="list-style-type: none"> • Cauliflower • Celery • Cucumbers • Lettuce 	<ul style="list-style-type: none"> • Mushrooms • Radishes • Spinach • Zucchini
Condiments		
<ul style="list-style-type: none"> • Mayonnaise • Salad dressing • Oil • Vinegar 	<ul style="list-style-type: none"> • Mustard • Hot sauce • Tartar sauce • Barbeque sauce (with three grams of carbohydrates or less per serving) 	
Beverages		
<ul style="list-style-type: none"> • Diet soda • Black coffee • Unsweetened tea 	<ul style="list-style-type: none"> • Water • Sugar free Crystal Light 	
Foods to avoid		
<ul style="list-style-type: none"> • Bread and breaded foods • Pasta • Potatoes • Rice and rice cakes • Chips, pretzels, and crackers 	<ul style="list-style-type: none"> • Corn • Carrots • Peas • Legumes • Soybeans • Squash • Tomatoes 	<ul style="list-style-type: none"> • Candy, gum, and breath mints • Fruit • Juices • Sauces and gravies • Syrups and jams • Veggie burgers

Menu suggestions			
Breakfast	Lunch	Dinner	Snack
<ul style="list-style-type: none"> • Bacon or sausage with eggs • Ham and cheese omelet • Veggie and cheese omelet • Light yogurt 	<ul style="list-style-type: none"> • Egg salad • Chef salad (no tomato) • Ham and cheese wrapped in lettuce • Cottage cheese 	<ul style="list-style-type: none"> • Veggie or meat soup • Cheeseburger without the bun • Chicken with barbeque sauce 	<ul style="list-style-type: none"> • Celery and peanut butter • Light yogurt • Cottage cheese