

PET MEDICAL IMAGING CENTER

Spectrum Health · Saint Mary's Health Care
Advanced Radiology Services, PC · Kent Radiology, PC

DIET PLAN

Beginning 24 hours prior to your scan, follow a low-carbohydrate diet. Use the guideline below for menu ideas.

NO FOOD OR ANYTHING TO DRINK EXCEPT WATER 6 HOURS BEFORE YOUR APPOINTMENT.

NO CHEWING GUM.

Suggested foods for the day prior to your scan:

- 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 & half.
- Vegetables:** Green beans, asparagus, broccoli, cabbage, cauliflower, celery, cucumber, lettuce, mushrooms, radishes, spinach and zucchini.
- Condiments:** Mayonnaise, salad dressing & barbeque sauce (those with 3g 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 & half), water.

Menu Suggestions:

<u>Breakfast</u>	<u>Lunch</u>	<u>Dinner</u>
Bacon/sausage and eggs Ham and cheese omelet Light yogurt Veggie & cheese omelet	Egg salad Chef salad (no tomato) Ham & Cheese wrapped in lettuce leaves Cottage cheese	Veggie/meat soup made with canned broth Cheeseburger no bun Chicken with barbeque sauce

Snacks: Try celery and peanut butter, light yogurt or cottage cheese.

Foods to Avoid:

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

Potatoes	Tomatoes	Bread – all types of grains	"Veggie" burger
Corn	Peas	Breaded foods	Soybeans (Edamame)
Carrots	Fruit	Rice (brown and white)	Syrups and Jams
Legumes	Juices	Pastas/Noodles	Crackers
Squash	Milk	Sauces and Gravies	Breath Mints
Ketchup	Chips/ pretzels	Candy/ Gum	Rice Cakes
Cough Drops	Alcoholic Beverages		