

100 Memorial Hospital  
Drive Suite 1-E  
Mobile, Alabama 36608  
Phone (251) 316-3868  
Fax (251) 316-3583



<https://www.mobilemolecular.com>

# PET- CT Diet Plan

## Scan Preparation

### Before Your Appointment

- PET/CT appointments range from an 1.5 to 2.5 hours.
- Patients should eat a low-carb, high protein lunch, and dinner the night or day before their PET/CT.
- Patients should avoid strenuous exercise within 24 hours of their appointment.
- Patients should not eat 4 hours prior to their PET/CT appointment.
- Patients should only drink water the day of their PET/CT.

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## Proteins

- 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)
- egg

## Dairy

- Low-fat cottage cheese
- cheese
- one 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
- 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

**Suggested  
Foods**

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# 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 barbecue sauce

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## Foods to Avoid

### 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