



## What is a Low Carbohydrate/Sugar Diet?

For your PET exam, we have asked you to follow a low carbohydrate diet the day before the scan. A low carbohydrate/sugar diet limits carbs, which are found in foods such as pasta, sugary foods, and bread. We have asked you to do this because for this test, we administer a small amount of a radioactive sugar (F18 Fluorodeoxyglucose). Eating a low carbohydrate diet the day before the exam allows us to make sure the radioactive sugar is distributed accurately throughout your body and produces the best possible image quality for your scan.

For patients with diabetes who were asked to stop their insulin prior to the scan, a low carbohydrate diet the day before the test also helps maintain a blood sugar under 200 mg/dL. If your blood sugar is above 200 mg/dL, we are unable to do the scan.

### Examples of Foods to Avoid:

- Sugary Drinks (soda, tea, sports drinks, energy drinks, coffee with cream and sugar, beer, wine, juice)
- Refined grains (rice, pasta, tortillas, crackers, bread)
- Snack foods (ice cream, cookies, baked goods, chips/pretzels, gum/mints)
- Condiments (ketchup, honey, sugar, jams/jellies)
- Sugary fruits (mango, grapes, cherries, bananas)
- Starchy vegetables (potatoes, corn, tomatoes, squash, legumes/beans)

### Examples of Foods that are Suggested:

- Meats/Protein without breading (turkey, chicken, beef, shrimp, fish, eggs, tofu, pork)
- Vegetables (broccoli, cauliflower, cucumber, lettuce, cabbage, zucchini, asparagus, spinach)
- Nuts (almonds, peanuts, sunflower seeds, pumpkin seeds)
- Condiments (yellow mustard, oil, vinegar, mayonnaise, salt, pepper, ground cinnamon)
- Non-sugary fruits (avocado, lemon, lime)