The intent of this diet is to promote a relatively low carbohydrate state to increase the image quality of the FDG-PET scan (Fluorodeoxyglucose-Positron Emission Tomography) and its ability to detect increased metabolically active tissue.

The diet contains minimal amounts of carbohydrate.

### Foods allowed 1 day before test

- All meats (beef, pork, poultry, etc.) fish, eggs, cheese, tofu, and unsweetened peanut butter
- Non-starchy vegetables (e.g. green beans, broccoli, spinach, zucchini, and lettuce)
- Water, and diet soda
- Margarine, butter, and oils
- Any foods containing 5 grams or less of carbohydrate per serving

### Foods NOT allowed 1 day before test

- Peas, corn, potato, and dry beans
- Milk, and non-dairy milk drinks
- Fruit, and fruit juice
- All cereals, grains, pastas, and breads
- Sugar, honey, jams, and candy
- Gravy
- Any foods with more than 5 grams of carbohydrate per serving

### Day of test

- Six hours prior to the PET scan, no food or drink is allowed