

PET scan

Diet guidelines

Please eat according to this list on the day before your examination.

To increase the quality of your scan it is recommended that you follow the instructions below on allowed food and drink on the day before your scan.

The aim is to reduce intake of carbohydrates but increase intake of proteins and fat.

ALLOWED FOOD AND DRINKS	NOT ALLOWED FOOD AND DRINKS
Drinks Water, sugar-free sparkling water	Drinks Soft drinks, energy drinks, coffee and tea with sugar and/or milk, hot cocoa or chocolate milk, fruit juice, protein drinks and smoothies
Milk products Greek yogurt, sour cream, cottage cheese (small piece), unsalted butter, cream, parmesan cheese, regular cheese, blue cheese, goat's cheese, mozzarella cheese, almond- and coconut milk	Milk products Milk, processed cheese like cheddar, yogurt and skyr
Fish Haddock, cod, salmon, tuna fish, mackerel, sardines, shrimps	Fish Processed fish, shellfish, sushi
Meat Beef, lamb, pork, chicken, turkey, tofu, soy meat	Meat Processed meat, salami, pepperoni, chorizo, fast food like hot dogs, hamburgers, fried chicken
Vegetables and fruit Asparagus, avocado, blueberries, cucumber, cauliflower, broccoli, edamame beans, garlic, raspberries, strawberries, onion, olives, peppers, salat, spinach, mushrooms, celery, tomatoes	Vegetables and fruit Oranges, bananas, peas, apples, carrots, pumpkins, lentils, kiwi, turnips, corn, plums, beets, swedes, potatoes and sweet potatoes, grapes
Grains Oats, quinoa	Grains Bread, pasta, rice, cereal, muesli, cakes and sweet bread (pastries)
Other Egg, salt, pepper, fresh herbs, olive oil, vegetable oil, sunflower oil, nuts like pecan nuts, macadamia nuts and walnuts, chia seed, hemp seed, dried fish, popcorn	Other Candy, snack, gum, protein and energy bars, fast food like pizza, french fries, biscuits, sugar, ice cream, sauces such as tomato sauce, cocktail sauce and BBQ sauce, jam, syrup, beer and alcohol