

# High Protein Foods

It is important that you follow a high-protein, low-carbohydrate diet for 24 hours prior to your PET/CT scan. This list contains foods that are high in protein and low in carbohydrates.

Meat and Eggs		
Food	Serving Size	Protein Content (grams)
Eggs	1 egg	6
Chicken breast (boneless, skinless)	3 oz.	26
Turkey	3 oz.	24
Steak	3 oz.	21
Ham	3 oz.	18
Pork chops	3 oz.	20
Salmon	3 oz.	17
Tuna (canned)	3 oz.	20
Beef jerky	1 oz.	9

  

Dairy		
Food	Serving Size	Protein Content (grams)
Greek yogurt (plain, nonfat)	1 container (5.3 oz.)	14
Cottage cheese	½ cup	13
Milk	1 cup	8
Cheese	1 oz.	7

  

Plant-based Sources		
Food	Serving Size	Protein Content (grams)
Tofu	½ cup	10
Edamame	1 cup	18
Peanut butter (sugar-free)	2 tbsp.	8
Hemp seeds	3 tbsp.	10
Pumpkin seeds	1 oz.	9.5
Seitan	2-4 oz.	15-30

