

# CARDIAC FDG PET REQUISITION

Addressograph here

Submission (with documents):  613-696-7104

Information / Questions:  613-696-7000 ext. 14809 or

 CardiacFDGPET@ottawaheart.ca

\*MANDATORY FIELDS

MRN	*Last Name		*First Name	
*DOB <small>(dd/mmm/yyyy)</small>	*Age	*Gender M      F	OHIP #	Version
*phone	ext.	Alternative #	ext.	*Priority <i>Inpatient</i> <i>Outpatient-Urgent</i> <i>Outpatient</i> Preferred language <input type="radio"/> E <input type="radio"/> F    Other :

### I-A. FDG PET VIABILITY COMPLETE SECTION I-A, II and III

**Moderate to severe ischemic LV dysfunction ( EF ≤ 40%)**      Yes    No

EF =      %    or    LV Function Class    III    IV

**Candidate for revascularization or heart transplantation**      Yes    No

### I-B. SPECIAL ACCESS REQUEST COMPLETE SECTION I-B, II and III

PERTINENT TEST RESULTS / CONSULTS MUST ACCOMPANY THE REQUEST

<b>Sarcoidosis</b>	<b>Viability (LVEF&gt;40%)</b>
<b>Sarcoidosis Followup</b>	<b>Aortitis</b>
<b>Inflammation / Infection (specify below)</b>	<b>Other (specify below)</b>

CLINICAL INFORMATION:

\*\* All cardiac FDG PET Sarcoidosis investigations require clinical referral to a cardiac sarcoidosis specialist. Please indicate Cardiac Sarcoidosis Referral Clinic of choice:

OTTAWA     HAMILTON  
 TORONTO     LONDON

### II. Prior Cardiac Testing

Yes    No    Special Access requests  
ATTACH REPORTS

CHECK ALL THAT APPLY

Stress Perfusion	MUGA	Coronary Angio	Pulmonary Testing
Stress MRI	MRI	Cardiac CTA	Thoracic CT
Stress ECHO	ECHO	WBC Scan	Other Test (specify)

### III. Pertinent Clinical Information (INDICATE 'Yes' or 'No' FOR ALL )

NYHA Class	II	III	IV	MI in past 30 days	Yes	No	Previous PCI	Yes	No
Diabetes	Yes	No	Pacemaker/AICD/CRT	Yes	No	Previous CABG	Yes	No	

#### Physician Contact:

*First Name	*Last Name
*Name (Print)	
*Phone #	ext.
*Fax #	
*Email @	
Copies to	
*Physician's Signature	*Date <small>(dd/mmm/yyyy)</small>

#### Special Access Use Only

Reviewers	Approved	Date Received:	
<input type="text"/>	Yes    No	Date Approved:	<input type="text"/>
<input type="text"/>	Yes    No	Authorized Signature:	<input type="text"/>
<input type="text"/>	Yes    No		
<b>Final Approved :</b>		Yes	No
		Forward to PET Center Imaging review	
<b>FDG-PET ID:</b>		-	-
		PET center	number      ID

## **ORDERING CARDIAC FDG PET**

**CARDIAC VIABILITY ASSESSMENT** is the only cardiac approved indication (INSURED) for FDG PET in the province of Ontario.

Your patient must meet insured criteria as follows:

- an EF  $\leq$  40% (or LV class III or IV) **AND**
- be a candidate for revascularization

### **INSTRUCTIONS**

**COMPLETE:** Patient information, **all parts** of Section **I-A, II and III**. Provide relevant CLINICAL INFORMATION in the box provided and ensure the physician contact section is complete.

Submit to cardiac booking office.

## **CARDIAC SPECIAL ACCESS PROGRAM (SAP)**

Requests for FDG PET imaging may be granted, for specific indications, via the Provincial Cardiac FDG PET Special Access program (UNINSURED). Such requests require submission of supporting evidence and review by an expert panel. Specific criteria for these indications may apply (\*).

Special Access **indications** currently include (but may not be limited to):

<b>Cardiac Sarcoidosis and follow up *</b>	<b>Aortitis</b>
<b>Device Infection *</b>	<b>ARVC, AIC *</b>
<b>Endocarditis *</b>	<b>Myocarditis *</b>
<b>Other Inflammatory processes *</b>	
<b>Viability Assessment with EF &gt; 40 (large fixed defect on perfusion imaging)</b>	

### **INSTRUCTIONS**

**COMPLETE:** Patient information, **all parts** of Section **I-B, II and III**. **Provide relevant** CLINICAL INFORMATION in the box provided and indicate the Sarcoidosis referral clinic of choice (requirement). Ensure the physician contact section is complete to allow SAP staff to communicate with the referring physician.

**REQUIRED ATTACHMENTS:** Pertinent clinical results ie consult, current medical treatment, rationale explaining need for FDG PET, relevant diagnostic tests (MR, CT, echo, ECG, lab results).

Requests for FDG PET via Special Access will not be processed if the requisition is incomplete or supporting documentation is not attached.

More Info:

[http://www.ccn.on.ca/ccn\\_public/uploadfiles/files/FDG\\_PET\\_Requisition\\_Package\\_04Apr2017.pdf](http://www.ccn.on.ca/ccn_public/uploadfiles/files/FDG_PET_Requisition_Package_04Apr2017.pdf)

<https://www.ottawaheart.ca/document/cardiac-fdg-pet-requisition>

<https://www.ottawaheart.ca/fr/document/demande-d%E2%80%99examen-tep-au-fdg>

### **Submission of Special Access Requests:**

**Complete the requisition and FAX it along with supporting documents to : 613-696-7104**

**Questions:** please call 613-696-7000, ext. 14809 or email us at [cardiacfdgpet@ottawaheart.ca](mailto:cardiacfdgpet@ottawaheart.ca)

**Indications for FDG PET in CARDIAC SARCOIDOSIS (CS)**

ALL referrals for Cardiac FDG PET imaging for cardiac sarcoidosis **MUST be accompanied by supporting documentation** including, but not limited to clinical consults, Cardiac MR, thoracic CT, echo (TEE, TTE), lab report, ECG's.

**Patients must meet presentation criteria for any given clinical indication**

ACCEPTED CLINICAL INDICATION	PRESENTATION
<p><b>1. Patients with <u>biopsy proven or clinical diagnosis of pulmonary or systemic sarcoidosis</u></b></p> <p><b>AND</b></p> <p><b>in whom obstructive coronary disease has been ruled out*</b></p> <p>*Perfusion/FDG PET imaging may not be able to distinguish CS scar and inflammation from hibernating myocardium. This should be considered when ordering the test and interpreting the findings.</p>	<p>Supporting documents <u>must include</u> of positive biopsy or clinical consult demonstrating pulmonary or systemic sarcoid.</p> <p><b><u>AND one or more abnormal initial screening tests to screen for cardiac involvement.</u></b></p> <p>An Abnormal screening test is defined as <b>one or more</b> of the following:</p> <ul style="list-style-type: none"> <li>• abnormal ECG defined as complete left or right bundle branch block and/or presence of unexplained pathological Q waves in 2 or more leads</li> <li>• abnormal echo defined as RWMA and/or wall aneurysm and/or basal septum thinning and/or LVEF &lt; 50%</li> <li>• abnormal Holter defined as sustained or non-sustained VT</li> <li>• cardiac MRI suggestive of cardiac sarcoid</li> </ul>
<p><b>2. In young patients (age &lt; 60 years) with unexplained, new onset, significant conduction system disease, to screen for CS as underlying etiology.</b></p> <p>Supporting documents <u>must include</u> ECG or consult letter.</p>	<ul style="list-style-type: none"> <li>• Defined as sustained Mobitz II 2nd degree or 3rd degree AV block</li> </ul>
<p><b>3. In patients with idiopathic sustained ventricular tachycardia (VT), to screen for CS as underlying etiology.</b></p> <p>Supporting documents <u>must include</u> ECG or consult letter/clinic notes, echo, other tests.</p>	<ul style="list-style-type: none"> <li>• idiopathic VT is defined as VT <b><u>not</u></b> fulfilling any of following criteria             <ol style="list-style-type: none"> <li>i. Typical outflow tract VT</li> <li>ii. Fascicular VT</li> <li>iii. VT secondary to other structural heart disease (coronary artery disease, any cardiomyopathy other than idiopathic).</li> </ol> </li> </ul>
<p><b>4. In patients with proven CS to follow response to treatment with steroids and/or immunosuppressants.</b></p> <p>Supporting documents <u>must include</u> documentation of treatment to date, consult letter/clinic notes, echo, other tests.</p>	<ul style="list-style-type: none"> <li>• Patients undergoing 3 or more FDG PET scans to assess response to therapy will have PET scan series reviewed by expert PET reviewer and Cardiac Sarcoid Specialist.</li> </ul>

**Diet preparation** (high fat, low carbohydrate, low protein) **is required** for optimal image results using FDG PET. Click here for required [ketogenic diet](#) prep.

As a condition of approval for cardiac FDG PET investigation of sarcoidosis, **all patients require** a clinical referral to a CS specialist, who is also involved with the MOH PET Cardiac Sarcoidosis Registry.

## CARDIAC FDG PET SPECIAL ACCESS PROGRAM

**INDICATIONS FOR FDG PET/CT IMAGING IN THE DETECTION OF CARDIAC INFLAMMATION AND INFECTION** - FDG PET/CT may be indicated as an **adjunct imaging** tool to existing standard institutional practice and is not meant to replace standard clinical investigation.

***ALL referrals for Cardiac FDG PET imaging for cardiac infection/inflammation MUST be accompanied by supporting evidence such as clinical consults, Cardiac MR, CT, echo (TEE, TTE), lab reports.***

ACCEPTED CLINICAL INDICATION	PRESENTATION
<b>1. Infection in Implantable Cardiac Devices</b> such as pacemaker, ICD, CRT where there is a high clinical suspicion and/or laboratory evidence of infection	One or more of the following is suspected: <ul style="list-style-type: none"> <li>• generator pocket infection without endovascular lead infection</li> <li>• endovascular lead infection without generator pocket infection</li> <li>• generator pocket infection and endovascular lead infection</li> </ul> <b>OR</b> The diagnosis of infection has been made and there is: <ul style="list-style-type: none"> <li>• Suspected extra-cardiac complications (i.e. septic emboli)</li> </ul>
<b>2. Infective endocarditis</b> (using modified Duke criteria) where there is a high clinical suspicion and/or laboratory evidence of infection	One or more of the following: <ul style="list-style-type: none"> <li>• Possible infective endocarditis</li> <li>• Rejected infective endocarditis (according to modified Duke Criteria), but clinical suspicion is high</li> <li>• Definite infective endocarditis with:               <ul style="list-style-type: none"> <li>i) Suspicion of extra-cardiac complications (i.e. septic emboli)</li> <li>ii) Suspicion of cardiac complications (e.g. perivalvular abscess)</li> </ul> </li> </ul>
<b>3. Pericarditis</b>	One or more of the following: <ul style="list-style-type: none"> <li>• Persistent symptoms despite 2 weeks of adequate therapy</li> <li>• Recurrent pericarditis/symptoms despite adequate treatment of the initial episode</li> <li>• Assess response to therapy 4 weeks after therapy initiation</li> </ul>
<b>4. Myocarditis</b>	One or more of the following: <ul style="list-style-type: none"> <li>• Recurrent myocarditis/symptoms despite adequate treatment of the initial episode</li> <li>• Lack of left ventricular function recovery</li> <li>• Troponin elevation out of keeping with the diagnosis of myocarditis</li> </ul>
<b>5. Patients with unexplained cardiomyopathy and ventricular arrhythmia (ARVC, AIC)</b>	<ul style="list-style-type: none"> <li>• Ventricular arrhythmia in the setting of unexplained cardiomyopathy, despite adequate investigation, including referral/consultation with an EP (electrophysiology) specialist.</li> </ul>
<b>6. Other Inflammatory process</b>	<i>Compelling evidence must be provided. Suspicion of cardiac inflammatory processes ie multiple differential inflammatory diagnoses based on MRI/CT imaging. 3 reviewers for approval.</i>

\*A special diet preparation (high fat, low carbohydrate, low protein) is required for optimal image results using FDG PET. Click here for required [ketogenic diet](#) prep.

**Please forward questions or concerns to [cardiacfdgpet@ottawaheart.ca](mailto:cardiacfdgpet@ottawaheart.ca)**



UNIVERSITY OF OTTAWA  
HEART INSTITUTE  
INSTITUT DE CARDIOLOGIE  
DE L'UNIVERSITÉ D'OTTAWA



## **University of Ottawa Heart Institute Ketogenic diet (high fat, high protein, low carbohydrate) preparation for FDG PET Imaging of cardiac inflammation**

The Ketogenic diet is a high fat, high protein, and low carbohydrate diet that you need to follow for one day before your scan. Following this diet will help improve the imaging pictures obtained from your scan. The Ketogenic diet is safe to follow and is approved for use for one day as preparation for the scan.

### ***Why do I need to change my diet the day before the scan?***

The purpose of the scan is to find abnormal areas in your heart. The muscle cells of the heart absorb and use glucose (sugar) for energy. The PET imaging scan uses Fluorodeoxyglucose (FDG), a sugar based tracer. When we inject FDG, normal healthy heart muscle cells will absorb FDG because it is a sugar. FDG PET imaging allows the doctors to see areas of the heart that are normal or abnormal.

In certain conditions, such as sarcoidosis or other inflammatory conditions, we do not want the normal heart muscle cells to absorb the FDG because it interferes with the imaging pictures. The ketogenic diet helps ensure high quality images because the high fat content of the diet forces the body to choose fats for fuel and energy rather than carbohydrates (sugars). Therefore, the normal cells are 'tricked' into using fat as energy and the FDG is not absorbed. As a result, only the abnormal areas of the heart are seen.

To follow the ketogenic diet, you must choose high fat and protein foods and avoid carbohydrate foods for the entire day before your scan. High fat and protein foods include meat, fatty fish such as salmon and tuna, eggs, vegetable oil, margarine, and butter. Carbohydrate (sugar) is found in all grains, starchy vegetables, all fruit and dairy products. We have provided a sample menu and food choices below to help you with your food choices.

If you have diabetes, please contact your diabetes doctor or nurse. Your diabetes medications and/or insulin will need to be adjusted so you do not get low blood sugars while following this diet. This diet is only for one day and your diabetes can be managed while you follow the diet.

In addition to following the ketogenic diet, you must also avoid strenuous exercise the day before your scan. You must not eat or drink anything (except water) before the scan. It is important that you drink two to three -12 ounce (355 ml) glasses of water through the day to stay adequately hydrated.



## Diet preparation for FDG PET Imaging of cardiac inflammation

**FOR 1 DAY BEFORE YOUR SCAN:** Follow a high fat, high protein, low carbohydrate diet as described below.

**FOR 12 HOURS BEFORE YOUR SCAN:** Do not eat or drink anything (except water).

### SAMPLE MENU FOR THE DAY BEFORE YOUR SCAN

<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
<ul style="list-style-type: none"> <li>✓ 2 scrambled eggs with green peppers, mushrooms, onions</li> <li>✓ 3 slices of bacon <u>or</u> 2 ounces of ham</li> <li>✓ Coffee or tea</li> <li>✗ No milk or sugar</li> </ul>	<ul style="list-style-type: none"> <li>✓ Hamburger patty (no bun) <u>or</u> 3 ounces of roast beef or turkey</li> <li>✓ 1 cup of salad</li> <li>✓ Low carbohydrate vegetables – see list below</li> </ul>	<ul style="list-style-type: none"> <li>✓ 4 to 6 ounces of steak <u>or</u> salmon <u>or</u> chicken (skin on)</li> <li>✗ No breading or batter</li> <li>✓ 1 cup of salad</li> <li>✓ Low carbohydrate vegetables – see list below</li> </ul>

### ✓ YOU CAN EAT/DRINK THE FOLLOWING:

✓ <b>Beverages without sugar:</b>	✓ water, mineral water, seltzer, coffee or tea or herbal tea (no milk or sugar*) * you can use Equal, NutraSweet, Splenda, Stevia, Sweet'N Low
✓ <b>Meat and alternatives:</b>	✓ eggs, bacon, ham, fatty red meat, chicken or turkey (skin on), salmon, tuna, sardines, anchovies (Fry or broil your meat. Do not grill. Do not bread or batter.)
✓ <b>Fats/Oils and seasonings:</b>	✓ butter, margarine, canola oil, olive oil, salt, pepper
✓ <b>Nuts:</b>	✓ ¼ cup of almonds or walnuts or pistachios
✓ <b>Low carb vegetables in moderation:</b>	✓ ½ to 1 cup of any of the following: arugula, asparagus, broccoli, Brussels sprouts, cabbage, cauliflower, celery, cucumber, green beans, green peppers, kale, lettuce, onions, radishes, spinach, white mushrooms, zucchini

### ✗ DO NOT EAT/DRINK THE FOLLOWING:

<ul style="list-style-type: none"> <li>✗ <b>NO fruits</b></li> <li>✗ <b>NO sugar or any food containing sugar:</b> <i>Be careful – many processed products contain hidden sugars.</i></li> </ul>	<ul style="list-style-type: none"> <li>✗ honey</li> <li>✗ syrup</li> <li>✗ jam/preserves</li> <li>✗ mayonnaise/Miracle Whip</li> <li>✗ commercial salad dressings (e.g. Ranch, Thousand Islands)</li> </ul>	<ul style="list-style-type: none"> <li>✗ ketchup</li> <li>✗ mustard</li> <li>✗ relish</li> <li>✗ Nutella</li> </ul>	<ul style="list-style-type: none"> <li>✗ molasses</li> <li>✗ peanut butter</li> <li>✗ nut butter</li> <li>✗ Nutella</li> </ul>	<ul style="list-style-type: none"> <li>✗ BBQ sauce</li> <li>✗ beer nuts</li> <li>✗ candy/mints</li> <li>✗ chewing gum</li> <li>✗ cough drops</li> </ul>
<ul style="list-style-type: none"> <li>✗ <b>NO beverages containing sugar or Aspartame or alcohol:</b></li> </ul>	<ul style="list-style-type: none"> <li>✗ soft drinks</li> <li>✗ flavoured water</li> <li>✗ juices</li> </ul>	<ul style="list-style-type: none"> <li>✗ fruit drinks (e.g. Kool-Aid, Tang)</li> <li>✗ sports drinks (e.g. Gatorade)</li> <li>✗ non-alcoholic beer</li> </ul>	<ul style="list-style-type: none"> <li>✗ beer</li> <li>✗ wine</li> <li>✗ spirits</li> </ul>	
<ul style="list-style-type: none"> <li>✗ <b>NO dairy products:</b></li> </ul>	<ul style="list-style-type: none"> <li>✗ milk</li> <li>✗ cheese</li> </ul>	<ul style="list-style-type: none"> <li>✗ yogurt</li> <li>✗ yogurt drinks</li> </ul>	<ul style="list-style-type: none"> <li>✗ frozen yogurt</li> <li>✗ ice cream</li> </ul>	<ul style="list-style-type: none"> <li>✗ pudding</li> </ul>
<ul style="list-style-type: none"> <li>✗ <b>NO processed meats:</b></li> </ul>	<ul style="list-style-type: none"> <li>✗ deli meat</li> </ul>	<ul style="list-style-type: none"> <li>✗ hot dog</li> </ul>	<ul style="list-style-type: none"> <li>✗ breaded or battered meat/poultry/fish</li> </ul>	
<ul style="list-style-type: none"> <li>✗ <b>NO grains or starches:</b></li> </ul>	<ul style="list-style-type: none"> <li>✗ wheat</li> <li>✗ rye</li> <li>✗ oats</li> <li>✗ barley</li> </ul>	<ul style="list-style-type: none"> <li>✗ rice</li> <li>✗ pasta</li> <li>✗ quinoa</li> <li>✗ buckwheat</li> </ul>	<ul style="list-style-type: none"> <li>✗ bread</li> <li>✗ bagels</li> <li>✗ buns</li> <li>✗ cereals</li> </ul>	<ul style="list-style-type: none"> <li>✗ granola bars</li> <li>✗ cakes</li> <li>✗ cookies</li> <li>✗ muffins</li> </ul>
<ul style="list-style-type: none"> <li>✗ <b>NO root or starchy vegetables:</b></li> </ul>	<ul style="list-style-type: none"> <li>✗ carrots</li> <li>✗ turnips</li> <li>✗ parsnips</li> </ul>	<ul style="list-style-type: none"> <li>✗ potatoes</li> <li>✗ sweet potatoes</li> <li>✗ yams</li> </ul>	<ul style="list-style-type: none"> <li>✗ beets</li> <li>✗ acorn squash</li> <li>✗ butternut squash</li> </ul>	<ul style="list-style-type: none"> <li>✗ corn</li> <li>✗ green peas</li> </ul>
<ul style="list-style-type: none"> <li>✗ <b>NO beans or legumes:</b></li> </ul>	<ul style="list-style-type: none"> <li>✗ black beans</li> <li>✗ kidney beans</li> </ul>	<ul style="list-style-type: none"> <li>✗ chick peas</li> <li>✗ split peas</li> </ul>	<ul style="list-style-type: none"> <li>✗ baked beans</li> <li>✗ lentils</li> </ul>	<ul style="list-style-type: none"> <li>✗ peanuts</li> </ul>



## **Régime cétogène (forte teneur en gras et en protéines, faible teneur en glucides) de l'Institut de cardiologie de l'Université d'Ottawa en vue d'un examen d'imagerie par TEP pour détecter une inflammation cardiaque**

Le régime cétogène est un régime à forte teneur en gras et en protéines, et à faible teneur en glucides que vous devez suivre la journée précédant votre examen. En vous alimentant selon ce régime, vous contribuerez à améliorer les images tirées de votre examen. Le régime cétogène est sûr et approuvé pour une journée à titre de préparation à la TEP.

### *Pourquoi dois-je modifier mon alimentation la veille de mon examen?*

Cet examen vise à mettre en évidence les zones anormales de votre cœur. Les cellules musculaires du cœur absorbent le glucose (sucre) et l'utilisent comme source d'énergie. L'examen d'imagerie par TEP utilise le fluorodéoxyglucose (FDG), un traceur à base de sucre. Quand nous injectons le FDG, les cellules musculaires normales du cœur l'absorbent parce qu'il s'agit d'un sucre. L'imagerie par TEP au FDG permet aux médecins de voir les zones du cœur qui sont normales ou anormales.

Dans certaines conditions, notamment en présence de sarcoïdose ou d'autres états inflammatoires, nous ne voulons pas que les cellules musculaires normales du cœur absorbent le FDG, car cela interférerait avec les images de l'examen. Le régime cétogène garantit l'obtention d'images de très haute qualité, car le régime à forte teneur en gras force le corps à choisir les graisses comme combustible et énergie à la place des glucides (sucres). Ainsi, les cellules normales sont « trompées » et poussées à utiliser le gras comme source d'énergie, de sorte que le FDG n'est pas absorbé. Par conséquent, seules les zones anormales du cœur sont visibles.

Pour suivre le régime cétogène, vous devez privilégier des aliments à haute teneur en gras et en protéines, et éviter les glucides pendant toute la journée précédant votre examen d'imagerie. Les aliments riches en gras et en protéines incluent les viandes, les poissons gras (tels que le saumon et le thon), les œufs, l'huile végétale, la margarine, et le beurre. Les glucides (sucres) se trouvent dans tous les produits céréaliers, légumes farineux, fruits et produits laitiers. Vous trouverez ci-dessous un exemple de menu et une liste d'aliments pour vous aider à choisir des aliments appropriés.

Si vous êtes diabétiques, veuillez communiquer avec votre médecin ou votre infirmière en diabète. La posologie de votre insuline ou de vos médicaments contre le diabète devra être ajustée pour qu'en suivant ce régime votre taux de sucre dans le sang ne soit pas trop bas. Vous devez suivre ce régime pendant une journée seulement, et votre diabète peut être traité pendant cette période.

En plus de suivre un régime cétogène, vous devez éviter de faire des exercices vigoureux la veille de votre examen d'imagerie. Vous devez aussi vous abstenir de manger ou de boire (sauf de l'eau) pendant les 12 heures avant l'examen. Il est important que vous buviez deux à trois verres d'eau de 12 onces (355 ml) pendant la journée pour rester bien hydraté.

# Régime pour l'examen d'imagerie par TEP pour détecter une inflammation cardiaque

**LA JOURNÉE AVANT L'EXAMEN:** Suivre un régime à forte teneur en gras et en protéines, et à faible teneur en glucides, tel que l'exemple ci-dessous.

**PENDANT LES 12 HEURES AVANT L'EXAMEN:** Ne rien manger ou boire (sauf de l'eau).

## EXEMPLE DE MENU LA JOURNÉE AVANT L'EXAMEN

<u>DÉJEUNER</u>	<u>DÎNER</u>	<u>SOUPER</u>
<ul style="list-style-type: none"> <li>✓ 2 oeufs brouillés avec poivrons verts, champignons, oignons</li> <li>✓ 3 tranches de bacon <u>ou</u> 2 onces de jambon</li> <li>✓ Café ou thé</li> <li>* Sans lait ni sucre</li> </ul>	<ul style="list-style-type: none"> <li>✓ Galette de viande hachée (pas de pain) <u>ou</u> 3 onces de rôti de boeuf ou de dinde</li> <li>✓ 1 tasse de salade</li> <li>✓ Légumes faibles en glucides – voir la liste ci-dessous</li> </ul>	<ul style="list-style-type: none"> <li>✓ 4 à 6 onces de steak <u>ou</u> saumon <u>ou</u> poulet (avec la peau)</li> <li>* Pas de chapelure ni de pâte</li> <li>✓ 1 tasse de salade</li> <li>✓ Légumes faibles en glucides – voir la liste ci-dessous</li> </ul>

## ✓ VOUS POUVEZ MANGER OU BOIRE:

✓ <b>Boissons sans sucre:</b>	<ul style="list-style-type: none"> <li>✓ eau, eau minérale, eau de Seltz, café ou thé ou tisane (sans lait ni sucre*)</li> <li>* vous pouvez utiliser Equal, NutraSweet, Splenda, Stevia, Sweet'N Low</li> </ul>
✓ <b>Viandes et substitus:</b>	<ul style="list-style-type: none"> <li>✓ oeufs, bacon, jambon, viande rouge grasse, poulet ou dinde (avec la peau), saumon, thon, sardine, anchois (Frit ou grillé, mais pas rôti. Pas de chapelure ni de pâte.)</li> </ul>
✓ <b>Gras, huiles et assaisonnements:</b>	<ul style="list-style-type: none"> <li>✓ beurre, margarine, huile de canola, huile d'olive, sel, poivre</li> </ul>
✓ <b>Noix:</b>	<ul style="list-style-type: none"> <li>✓ ¼ tasse d'amandes ou de noix de Grenoble ou de pistaches</li> </ul>
✓ <b>Légumes faibles en glucides avec modération:</b>	<ul style="list-style-type: none"> <li>✓ ½ à 1 tasse d'un des légumes suivants: asperges, brocoli, céleri, champignons blanc, chou, chou frisé, choux de Bruxelles, concombre, chou-fleur, courgettes, épinards, haricots verts, laitue, oignons, poivrons verts, radis, roquette</li> </ul>

## \* NE PAS MANGER NI BOIRE:

<ul style="list-style-type: none"> <li>* PAS DE fruits</li> <li>* PAS DE sucre ou produits contenant le sucre. <i>Soyez prudent – les aliments transformés peuvent contenir des sucres ajoutés.</i></li> </ul>	<ul style="list-style-type: none"> <li>* miel</li> <li>* sirop</li> <li>* confiture</li> <li>* mayonnaise/Miracle Whip</li> <li>* vinaigrettes commerciales (e.g. Ranch, Mille-Îles)</li> <li>* ketchup</li> <li>* moutarde</li> <li>* relish</li> <li>* Nutella</li> <li>* méléasse</li> <li>* beurre d'arachide</li> <li>* beurre de noix</li> <li>* Nutella</li> <li>* sauce BBQ</li> <li>* noix rôties au miel</li> <li>* bonbons/menthes</li> <li>* gommes à mâcher</li> <li>* gouttes contre la toux</li> </ul>
<ul style="list-style-type: none"> <li>* PAS DE boissons contenant le sucre, l'Aspartame ou l'alcool:</li> </ul>	<ul style="list-style-type: none"> <li>* boissons gazeuses</li> <li>* eaux aromatisées</li> <li>* jus</li> <li>* boissons aux fruits (e.g. Kool-Aid, Tang)</li> <li>* boissons énergétiques (e.g. Gatorade)</li> <li>* bière sans alcool</li> <li>* bière</li> <li>* vin</li> <li>* spiritueux</li> </ul>
<ul style="list-style-type: none"> <li>* PAS DE produits laitiers:</li> </ul>	<ul style="list-style-type: none"> <li>* lait</li> <li>* fromage</li> <li>* yogourt</li> <li>* boissons de yogourt</li> <li>* yogourts glacés</li> <li>* crème glacée</li> <li>* pudding</li> </ul>
<ul style="list-style-type: none"> <li>* PAS DE viandes transformées:</li> </ul>	<ul style="list-style-type: none"> <li>* panées ou enrobées de pâte à frire</li> <li>* produits de charcuterie</li> <li>* hot-dogs</li> </ul>
<ul style="list-style-type: none"> <li>* PAS DE produits céréaliers et féculents:</li> </ul>	<ul style="list-style-type: none"> <li>* blé</li> <li>* seigle</li> <li>* avoine</li> <li>* orge</li> <li>* riz</li> <li>* pâtes</li> <li>* quinoa</li> <li>* sarrasin</li> <li>* pain</li> <li>* bagels</li> <li>* brioches</li> <li>* céréales</li> <li>* barres granola</li> <li>* gâteaux</li> <li>* biscuits</li> <li>* muffins</li> </ul>
<ul style="list-style-type: none"> <li>* PAS DE légumes racines et farineux:</li> </ul>	<ul style="list-style-type: none"> <li>* carotte</li> <li>* navet</li> <li>* panais</li> <li>* pomme de terre</li> <li>* patate douce</li> <li>* igname</li> <li>* betteraves</li> <li>* courge poivrée</li> <li>* courge musquée</li> <li>* maïs</li> <li>* pois verts</li> </ul>
<ul style="list-style-type: none"> <li>* PAS DE haricots et légumineuses:</li> </ul>	<ul style="list-style-type: none"> <li>* haricots noirs</li> <li>* haricots rouges</li> <li>* pois chiches</li> <li>* pois cassés</li> <li>* fèves au lard</li> <li>* lentilles</li> <li>* arachides</li> </ul>