



DIAGNOSTIC IMAGING
NORTHWEST

An Alliance of Medical Imaging Northwest & MultiCare Good Samaritan Hospital

ABDOMEN ULTRASOUND PREP

Fat-free diet day prior to appointment | Nothing to eat or drink after midnight | No gum, mints or cigarettes

FAT FREE FOODS

VEGETABLES Most vegetables contain little fat. The types with only trace amounts include alfalfa sprouts, artichokes, asparagus, beets, cabbage, eggplant, mushrooms, potatoes, pumpkin and tomatoes. Other essentially fat-free vegetables include cauliflower with just .3 g of fat per ½-cup serving, carrots with .5 g of fat per 3.5 oz. serving and broccoli with .3 g per ½-cup serving. **NO BUTTER** – try lemon for seasoning.

FRUITS Oranges, prunes, peaches and grapefruit are essentially fat-free. Most fruit juices and applesauce are also fat-free. Other fruits, such as bananas, melon, grapes, strawberries, pineapple and pears contain just minuscule amounts of fat.

PROTEIN Egg whites are fat-free as all the fat in the egg is contained in the yolk. Whey protein powder is another fat-free protein, but check containers to make sure you choose a brand with no additives that may raise the fat content. Beans, specifically black, lima and lentils, contain essentially no fat per serving.

DAIRY Non-fat dairy products contain no fat. Skim milk, non-fat yogurt, non-fat cottage cheese and non-fat kefir offer satiating protein and bone-building calcium.

SHELLFISH Clams, lobster, scallops, shrimp are low in fat. (**NO BUTTER** – try lemon for seasoning).

GRAINS Puffed wheat and rice cereals with no additional ingredients contain no fat. Rice noodles are another fat-free option that may be added to Asian soups and salads. Enjoy air-popped popcorn as a fat-free snack.

LIQUIDS Water, coffee and tea contain no fat. Sodas and fruit drinks are also free of fat, but still provide considerable calories while offering little in the way of nutrients.

CONDIMENTS & SPICES Fat-free labeled dressings (salad, mayonnaise, sour cream), catsup, salsa, honey, mustard, garlic, bouillons, steak and hot sauces (read label), most spices.