



CATECHOLAMINES/METANEPHRINES/VMA DIET

Please note what medications are being taken. The following foodstuffs (see overleaf) must be avoided for 24 hours prior to and during the collection period.

Aim: To avoid foods high in catecholamines.

Characteristics: Avoids coffee, tea, bananas, chocolate, cocoa and vanilla.

Nutrition diagnosis: NI-4.2 Excessive bioactive substance intake.

Indications: This is a test diet used in the investigation of hypertension.

Nutritional adequacy: Nutritionally adequate.

Precautions: The diet is usually required 24 hours prior to, and during, the test period.

Paediatrics: Suitable for use in paediatrics when combined with an age-appropriate diet.

REFERENCES

1. Vorvick L. Catecholamines – blood. Medline Plus. Available at: <http://www.nlm.nih.gov/medlineplus/ency/article/003561.htm> (Accessed June 2010)
2. St Vincent's Hospital Sydney. 2006. 24 hour urine collection: catecholamines / 5HIAA. Available at: <http://www.sydpath.stvincents.com.au/PtnInfoSheets/Ucoll-amines.pdf> (Accessed June 2010)
3. Weetman RM, Rider PS, Oei TO, Hempel JS, Baehner RL. Effect of diet on urinary excretion of VMA, HVA, metanephrine, and total free catecholamines in normal preschool children. *J Paed* 1976;88:46-50.



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SPECIFIC MENU PLANNING GUIDELINES

	ALLOWED	NOT ALLOWED
Hot main dishes	All	
Sauces, gravies	All	
Starchy vegetables/pasta/rice	All	
Vegetables	All	
Soups	All	
Sandwiches	All	
Salads, dressings	All	
Breads, cereals	All	Coco Pops®
Spreads	All others	Nutella® and chocolate spreads
Hot breakfast choices	All	
Fruit	All others	Bananas
Yoghurt	All others	Banana, coffee, vanilla or chocolate-flavoured yoghurts
Desserts	All others	Banana, coffee, vanilla or chocolate-flavoured desserts
Milk and cheese	All	Banana, coffee, vanilla or chocolate-flavoured milk
Beverages	All others	Tea, coffee, cocoa
Biscuits	All others	Chocolate biscuits
Miscellaneous		Vanilla