



## 24-HOUR URINE CATECHOLAMINES / METANEPHRINES / VMA

This is a test diet used in the investigation of hypertension. This diet aims to avoid foods high in catecholamines. The diet is usually required 24 hours prior to commencement of the urine collection and during the 24-hour urine sample. 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.

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

**Nutrition diagnosis:** NI-4.2 Excessive bioactive substance intake.

**Nutritional adequacy:** Nutritionally adequate.

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



## 24-HOUR URINE CATECHOLAMINES / METANEPHRINES / VMA

### 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 yoghurt
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