



5HIAA (5-HYDROXYINDOLEACETIC ACID)/5HT (SEROTONIN)

Aim: To avoid foods high in 5-hydroxyindoleacetic acid (5HIAA) and its precursor, serotonin.

Characteristics: Avoids eggplant, broad beans, tomatoes, nuts, bananas, plums, passionfruit, grapes, kiwifruit, pineapple, avocados and alcohol.

Nutrition diagnosis: NI-4.2 Excessive bioactive substance intake.

Indications: This is a test diet used in conjunction with urinalysis for 5-HIAA. Some but not all patients with carcinoid tumours excrete elevated levels of 5-HIAA as a result of serotonin synthesis by the tumour.

Nutritional adequacy: Nutritionally adequate.

Precautions: The diet is required 12 hours prior to commencement of the urine collection and during the 24-hour urine sample.

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

REFERENCES

1. St Vincent's Hospital Sydney. 24 hour urine collection: catecholamines / 5HIAA. 2006. Available at: <http://www.sydpath.stvincents.com.au/PtnInfoSheets/Ucoll-amines.pdf> (Accessed June 2010)
2. QML Pathology. Urine collection diet for 5HIAA and catecholamine. Available at http://www.qml.com.au/Portals/0/PDF/PCS/5HIAAUrine_404.pdf (Accessed June 2010)
3. Mashige F, Matsushima Y, Kanazawa H. Acidic catecholamine metabolites and 5-hydroxyindoleacetic acid in urine: the influence of diet. *Ann Clin Biochem* 1996;33:43-9.



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SPECIFIC MENU PLANNING GUIDELINES

	ALLOWED	NOT ALLOWED
Hot main dishes	All others	Dishes including eggplant, broad beans, tomatoes
Sauces, gravies	All others	Tomato
Starchy vegetables/pasta/rice	All	
Vegetables	All others	Eggplant, broad beans, tomatoes
Soups	All others	Tomato soup
Sandwiches	All others	Tomato, avocado
Salads, dressings	All others	Tomato, avocado
Breads, cereals	All	
Spreads	All others	Peanut butter
Hot breakfast choices	All	
Fruit	All others	Bananas, plums, passionfruit, grapes, kiwifruit, pineapple
Yoghurt	All others	Yoghurts containing bananas, plums, passionfruit, grapes, kiwifruit, pineapple
Desserts	All others	Desserts containing bananas, plums, passionfruit, grapes, kiwifruit, pineapple
Milk and cheese	All	
Beverages	All others	Juices including bananas, plums, passionfruit, grapes, kiwifruit, pineapple
Biscuits	All others	Biscuits with nuts
Miscellaneous		