



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

This is a test diet used in conjunction with urinalysis for 5-HIAA. This diet aims to avoid foods high in 5-hydroxyindoleacetic acid (5-HIAA) and its precursor, serotonin. The diet is required 12 hours prior to commencement of the urine collection and during the 24-hour urine sample.

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

**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.

### Specific menu planning guidelines

	Allowed	Not allowed
Hot main dishes	All others	Dishes including eggplant, broad beans or tomatoes
Sauces, gravies	All others	Tomatoes
Starchy vegetables/pasta/rice	All	
Vegetables	All others	Eggplant, broad beans or tomatoes
Soups	All others	Tomato soup
Sandwiches	All others	Tomatoes, avocado



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### Specific menu planning guidelines

	Allowed	Not allowed
Salads, dressings	All others	Tomatoes, avocado
Breads, cereals	All	
Spreads	All others	Peanut butter
Hot breakfast choices	All	
Fruit	All others	Bananas, plums, passionfruit, grapes, kiwifruit or pineapple
Yoghurt	All others	Yoghurt containing bananas, plums, passionfruit, grapes, kiwifruit or pineapple
Desserts	All others	Desserts containing bananas, plums, passionfruit, grapes, kiwifruit or pineapple
Milk and cheese	All	
Beverages	All others	Juices including bananas, plums, passionfruit, grapes, kiwifruit or pineapple
Biscuits	All others	Biscuits containing nuts