

## SEROTONIN, NEUROENDOCRINE TUMOURS AND YOUR DIET

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### SHOULD I AVOID FOODS HIGH IN SEROTONIN??

The only time you should avoid foods high in serotonin is **before and during the 24-hour urine (pee) collection** for the 5-HIAA test. Eating foods high in serotonin during this time may cause a false positive result.

Otherwise, it is not necessary to avoid foods high in serotonin if they do not trigger symptoms for you.

Serotonin in foods will not affect tumour growth.

### WHICH FOODS ARE HIGH IN SEROTONIN?

The following foods are high in serotonin and should be avoided if you are having **the 24hour urine collection 5-HIAA test**:

- Walnuts (black, English and butternuts)
- Cashew
- Coconut
- Banana
- Tomatoes
- Avocados
- Plums
- Grapefruit
- Cantaloupe
- Honeydew
- Olives
- Eggplant
- Pecans
- Plantains
- Pineapple
- Kiwi
- Dates
- Brazil nuts
- Almonds
- Shagbark
- Macadamia nuts

### HOW LONG DO I NEED TO AVOID THESE FOODS?

After the 24-hour urine collection, you can reintroduce the foods listed above into your diet.

Please contact: \_\_\_\_\_, RD for any questions at 416-480-6100

Ext. \_\_\_\_\_