



Low Monoamine for Homovanillic Acid Diet (LMA for HVA)

General Description

This diet omits caffeine, vanilla, and foods high in tyrosine and tyramine. These foods interfere with the results of tests measuring levels of homovanillic acid in the urine, serum, and cerebrospinal (CSF) fluid. The patient should be on this diet a minimum of three days before urine, serum or CSF fluid collection. The need for restriction of dietary vanilla depends upon the assay technique used¹. The Clinical Center Nutrition Department recommends use of the LMA for HVA diet prior to sample collection for HVA analysis in all cases since assay techniques may vary from laboratory to laboratory.

Indications for Use

This diet is to be used three days prior to sample collection (urine, serum, or CSF fluid) for HVA analysis.

Guidelines

Follow the same GUIDELINES as for the LMA Diet (refer to LMA Diet under SECTION I STANDARD HOUSE DIETS), with the addition of the following restrictions:

- In addition to the LMA Diet, OMIT:
 - Coffee
 - Decaffeinated Coffee
 - Tea
 - Decaffeinated Tea
 - Caffeine-Containing Sodas
 - ALL Vanilla-Containing Foods (i.e., Sugar Pops Cereal, most ice creams, cakes, custard, custard pies, etc.)

Breakfast	Lunch	Dinner
LMA Juice/Fruit	Meat or Substitute	Meat or Substitute
Cereal	Potato or Substitute	Potato or Substitute
Egg	Vegetable	Vegetable
Toast	LMA Fruit	LMA Fruit
Margarine	Bread	Bread
2% Milk	Margarine	Margarine
	Lemonade	2% Milk
		Lemonade

Reference

1. Wood, J.H. Neurobiology of Cerebrospinal Fluid, Plenum Press, New York, 1983.