

Serotonin containing foods

Foods: Avocado, bananas, eggplant, kiwi fruit, nuts (hickory nuts, pecans, walnuts), pineapple, plums, tomato products.

• **Drugs:** Acetaminophen (Tylenol®), antihistamines (nasal drops and spray), antihypertensives, antipsychotics, caffeine, cough suppressants, diazepam (Valium®), muscle relaxants, nicotine, warfarin (Coumadin®)