

TABLE 1
Serotonin concentration of fruits and vegetables

<i>High Serotonin (>3.0 µg/g)</i>	
Plantain	30 ± 7.5 µg/g
Pineapple	17.0 ± 5.1
Banana	15.0 ± 2.4
Kiwi fruit	5.8 ± 0.9
Plums	4.7 ± 0.8
Tomatoes	3.2 ± 0.6
 <i>Moderate Serotonin (0.1 to 3 µg/g)</i>	
Avocados	
Haas (California)	1.6 ± 0.40
Fuerte (California)	1.5 ± 0.21
Booth (Florida)	0.2 ± 0.04
Dates	1.3
Grapefruit	0.9
Canteloupe	0.9
Honeydew melon	0.6
Olives (Black)	0.2
Broccoli	0.2
Eggplant	0.2
Figs	0.2
Spinach	0.1
Cauliflower	0.1
