

# Low Tyramine Diet

Why do I need to Avoid High-Tyramine Foods and Supplements?

*When combined with certain medications, a high tyramine diet can cause serious side effects.*

## **Tyramine Information**

Some of the foods and beverages we consume can change the way some medications work within our bodies, even if these foods and beverages are healthy.

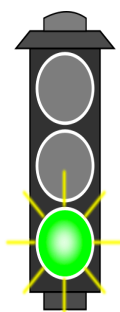
Classes of medications known to cause adverse reactions with certain foods and beverages are monoamine oxidase inhibitors (MAOI) and monoamine oxidase type B inhibitors (MAO-BI).

These two medications interact with a compound called tyramine. Tyramine is a compound naturally found in some foods, plants, and animal products. Under normal conditions a product in the gastrointestinal tract called MAO converts tyramine into a less harmful substance that can then be excreted from the body. However, when MAO inhibitors are taken, this process of tyramine breakdown cannot occur, thus adverse reactions occur when tyramine builds up in the body. Tyramine buildup can cause adverse reactions such as high blood pressure, severe headaches, rapid heartbeat, nausea, vomiting, and chest pains. These adverse reactions can occur for up to two weeks after discontinuing MAOI inhibitors, so it is important to continue following this diet for two weeks after discontinuation.

## **How this List was Developed**

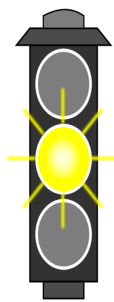
The tyramine content of foods and beverages can vary widely. We have thoroughly researched multiple food databases and have created a tyramine food list below in a “stoplight” format. The green foods represent foods that are safe to consume on a low tyramine diet. The yellow foods are foods safe to consume in moderation, as in one of these foods per day should be consumed on this diet. And the red foods are foods to avoid on a low tyramine diet, as in not to consume at all on this diet.

# Tyramine-Containing Foods List



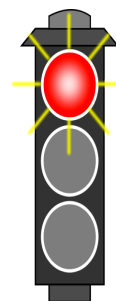
## Safe

Foods contain very little or no tyramine and may be eaten as desired.



## Caution

Eat these foods rarely. Select no more than one caution food each day.



## Avoid

These foods are high in tyramine and should not be eaten.

### Food Groups

#### Meat, fish, poultry, eggs and other protein sources

- All fresh or frozen meat, fish, poultry
- Beef, lamb, pork, veal, chicken, Cornish hen, turkey, duck, capon, goose
- Fresh shellfish (clams, lobster, crabs, oysters, scallops, shrimp, squid)
- All eggs
- Eat the day bought or freeze

- Canned or fresh tuna
- Fresh mackerel
- Fresh or canned bonito
- Fresh or canned anchovies
- Canned shellfish (clams, lobster, crabs, oysters, scallops, shrimp, squid)
- Canned pilchards Eat the day opened

- Aged, dried, fermented, salted, smoked or pickled
- Processed meats and fish: luncheon meats with nitrates or nitrites, bacon, pepperoni, salami, liverwurst, liver, sausage, bologna, cured ham, hot dogs, corned beef, lox, anchovies, roe, herring, caviar, sardines
- Poultry skin
- Meats prepared with tenderizer
- Game meat
- Shrimp paste
- Quiche
- Protein dietary supplements w/yeast extracts

#### Dairy

- Milk: skim, 2%, whole, dried, sweetened condensed, evaporated, eggnog, vanilla milkshake
- Unfermented cheese: cottage cheese, cream cheese, cream, ricotta, American, Velveeta, Cheese Wiz, pasteurized low-fat processed

- Farmers, Havarti, Boursin
- Fresh yogurt, buttermilk, sour cream (4 oz.)
- Part-skim mozzarella (30 g)

- Aged cheese spreads, all aged or hard cheese: (blue, feta, brick, brie, cheddar, Colby, boursalt, Gouda, gruyere, Swiss, Roquefort, stilton, provolone, emmentaler, parmesan, muenster, Romano, camembert)
- Non-pasteurized

#### Bread, Cereal, Pasta

- Commercial breads: white, wheat, rye, French, Italian, English muffin, melba toast, crackers, rye crisp, bagel, roll
- Products leavened with baking powder: biscuits, pancakes, coffee cakes
- Hot and cold cereal: cream of wheat, oatmeal, corn flakes, puffed wheat, rice
- All pasta: spaghetti, rotini, macaroni and egg noodles
- Rice, stuffing

- Commercially prepared yeast, plain yeast, leavened products made with baker's yeast

- Aged, dried, fermented, salted, all yeast extracts, including brewer's and yeast paste (marmite)
- Homemade yeast leavened breads and coffee cakes
- Sourdough bread cheese bread

<b>Vegetables</b>	<ul style="list-style-type: none"> <li>- Fresh, frozen, canned: corn, carrots, pumpkin, squash, zucchini, potatoes, cooked onions in food, soy beans</li> </ul>	<ul style="list-style-type: none"> <li>- Raw onion tomatoes Chinese pea pods string beans</li> </ul>	<ul style="list-style-type: none"> <li>- Raw onion tomatoes Chinese pea pods string beans</li> </ul>
<b>Fruits</b>	<ul style="list-style-type: none"> <li>- Fresh, frozen, canned: apple applesauce, blonde cherries, apricots, peaches</li> </ul>	<ul style="list-style-type: none"> <li>- Orange, grapefruit, tangerine, pineapple, lemon, lime (1/2 cup)</li> </ul>	<ul style="list-style-type: none"> <li>- Fermented or overripe fruit, figs, raisins, banana peel, red plum, prune, red cherries, fruit cake, cranberries, raspberries, preserves</li> </ul>
<b>Fats</b>	<ul style="list-style-type: none"> <li>- Margarine, butter, mayonnaise, salad dressings w/o aged cheese, vegetable oils</li> </ul>	<ul style="list-style-type: none"> <li>- Peanut butter, nuts</li> </ul>	<ul style="list-style-type: none"> <li>- Dressing with aged cheese, gravies and sauces with meat extracts (marmite)</li> </ul>
<b>Soup/Sauces</b>	<ul style="list-style-type: none"> <li>- Homemade</li> </ul>		<ul style="list-style-type: none"> <li>- Miso soup cubes or packets</li> <li>- Canned or dry with autolyzed or hydrolyzed yeast, meat extracts, MSG</li> <li>- Soups, gravies and stews prepared in large production or commercial use</li> <li>- Soy sauce, teriyaki sauce</li> </ul>
<b>Dessert</b>	<ul style="list-style-type: none"> <li>- Sherbet, ice cream, gelatin, sugar, jelly, jam, honey, molasses, candy, cakes, pastries, cookies, pies, custard, pudding, marshmallow</li> </ul>	<ul style="list-style-type: none"> <li>- Chocolate, chocolate syrup</li> </ul>	<ul style="list-style-type: none"> <li>- Mincemeat pie cheesecake cheese-filled imported chocolate</li> </ul>
<b>Beverages</b>	<ul style="list-style-type: none"> <li>- Juice, milk, Tang, Kool-Aid, lemonade, soy milk</li> </ul>	<ul style="list-style-type: none"> <li>- Carbonated drinks, regular coffee, tea (8oz)</li> </ul>	<ul style="list-style-type: none"> <li>- Wine</li> <li>- Beer</li> <li>- Acidophilus milk</li> </ul>
<b>Miscellaneous</b>	<ul style="list-style-type: none"> <li>- Natural potato chips, popcorn, syrup, white and brown sugar, jelly, salt, pepper, spices, mustard, vanilla, herbs, white vinegar, flavorings</li> </ul>		<ul style="list-style-type: none"> <li>- Nutmeg</li> <li>- Ginseng</li> </ul>
<b>Ingredients Listed on Food Labels</b>			<ul style="list-style-type: none"> <li>- MSG</li> <li>- Nitrates and nitrites</li> <li>- Yeast extracts, hydrolyzed or autolyzed yeast, meat extracts</li> <li>- Meat tenderizers (papain, bromelin)</li> <li>- Check for long expiration date</li> </ul>
<b>Leftovers</b>	<ul style="list-style-type: none"> <li>- OK if 1-2 days old. Freeze for future.</li> </ul>		<ul style="list-style-type: none"> <li>- Discard after 48 hours</li> </ul>

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