



Low Tyramine Diet

Tyramine, a compound found in some foods, can cause serious and even fatal reactions in patients taking certain medicines:

Medicines called monoamine oxidase inhibitors (MAOIs) such as:

- Isocarboxazid (Marplan)
- Phenelzine (Nardil)
- Rasagiline (Azilect)
- Selegiline (Eldepryl, Zelapar orally disintegrating tablet, Emsam patch)
- Tranylcypromine (Parnate)

There are some other medicines and supplements that have effects like MAOIs with tyramine. These include:

- Linezolid (Zyvox)
- Procarbazine (Matulane)
- St. John's Wort
- Ginseng
- Phenylalanine
- Tyrosine

Reactions include chest pains, severe headache, nausea, vomiting and unusual or rapid heartbeat.

If you take any of the medicines listed above:

- There are some over the counter medicines that should be avoided. These include appetite suppressants and nasal decongestants or other cold remedies. Check with a pharmacist or doctor before taking any over the counter medicines.
- Let your other doctors know that you are taking MAOIs before other medicines are prescribed.



Foods and beverages

Some general guidelines to remember:

- Foods and beverages should be as fresh as possible. Do not eat foods that are at or near their expiration date.
- Avoid foods and beverages that are aged, fermented or unpasteurized.
- Avoid any spoiled foods or improperly handled or stored foods and beverages. Eat foods the same day they are cooked. Do not eat cooked foods that are stored in the refrigerator for more than 24 to 48 hours. See the handout, [Food Safety Guide](#), for more information.
- Use caution in restaurants and grocery stores where freshness of meats and other foods is in question, such as aging meat to improve flavor.

Eating or drinking larger than recommended amounts of foods and beverages with tyramine without adverse reactions does not ensure future safety with an item. Individual foods and beverages vary greatly in their tyramine content.

Continue all food and drug precautions for 2 weeks after stopping the use of any of the medicines listed.

This diet includes more foods than it once did. There are new ways to detect tyramine now, so many foods are not as high as once thought.

Food Group	Safe	Caution	Avoid
	Foods contain very little or no tyramine and may be eaten as desired	Eat these foods rarely. Select no more than one caution food a day.	Food are high in tyramine and should not be eaten.
Milk and Dairy Products	Whole, 2%, 1%, skim (fat free), dried, sweetened condensed and evaporated milks, eggnog, milkshakes (vanilla), buttermilk, soy milk, non-dairy milk alternatives Cottage cheese, cream cheese, ricotta, processed cheese (American, Velveeta) Ice cream, frozen yogurt, sherbet	Farmers, Havarti, Brie and Boursin cheeses	Aged cheese spreads, all aged cheeses (blue, cheddar, Feta, Gouda, Gorgonzola, Mozzarella, Parmesan, Muenster, provolone, Romano, Swiss, Camembert, English Stilton) and all casseroles, lasagnas, breads, crackers or pizzas made with these cheeses Any outdated or non-pasteurized dairy products All aged cheeses are to be avoided. Tyramine content increases as the cheese ages. Tyramine content is higher near the rind and closer to fermentation holes.

Food Group	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 a day.	Avoid Food are high in tyramine and should not be eaten.
Meat and Meat Substitutes	<p>Fresh or frozen chicken, Cornish hen, turkey, duck, capon, goose</p> <p>Fresh or frozen fish, smoked whitefish, salmon, carp, smoked anchovies, pickled herring, tuna or canned shellfish (clams, lobster, crabs, oysters, scallops, shrimp, squid)</p> <p>Beef, lamb, pork (including ham), veal</p> <p>Fresh meats (except game meats) and smoked meats</p> <p>All fresh packaged or processed meats (hot dogs, bologna, liverwurst)</p> <p>Pepperoni produced in the U.S.</p> <p>Eggs</p> <p>Peanut butter</p>		<p>Fermented meat products such as chorizo, salchichon, and other fermented sausages</p> <p>Fermented/dry sausage, pepperoni, salami, Mortadella sausage, Chinese dried duck</p> <p>Corned beef</p> <p>Chicken livers</p> <p>Smoked or pickled fish, such as lox</p> <p>Caviar</p> <p>All casseroles, lasagnas, pizza or bread made with these meats</p> <p>Any leftover foods over 48 hours old</p> <p>Meat products near or beyond the expiration date or improperly stored meat, fish, poultry or pickled herring</p> <p>Meats prepared with tenderizer</p>
Fruits and Vegetables	<p>All fresh, canned, frozen and dried fruits and vegetables are safe except those listed to avoid</p>	<p>Avocado - limit to ½ cup or less of fresh avocado a day</p>	<p>Fermented, overripe, spoiled or moldy</p> <p>Broad bean pods (Fava, snowpeas)</p> <p>Pickles, olives</p> <p>Sauerkraut, kimchi</p> <p>Banana peel, brown banana</p> <p>Over-ripe or brown avocado</p>
Yeast Extract	<p>Plain yeast (used for baking)</p> <p>Yeast extracts</p> <p>Brewer's yeast (vitamin supplement)</p>		<p>Concentrated yeast extracts (marmite, vegemite)</p>

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Miscellaneous	Beef and chicken bouillon Chocolate Fresh gravy Monosodium Glutamate Curry powder Salad dressings Tomato Sauce Worcestershire sauce		Ginseng (herbal) Meat extracts (used in soups, sauces, gravies) - beef and chicken bouillon are okay Fermented soy products such as soy sauce, fermented soya bean, and soybean curd (fermented bean curd) The following soybean products: soya bean, paste, tofu, soy condiments, miso soup Dressing made with blue cheese or olives
Non-alcoholic Beverages	Lemonade Fruit juice	Coffee, cola and other caffeinated beverages - limit to 16 ounces a day	
Alcoholic beverages	* We do not recommend consuming any alcoholic beverages, regardless of tyramine content. Please check with your doctor before consuming.	No more than 12 ounces domestic, canned, or alcohol-free beer or 4 ounces red or white wine per day	All tap beers

Talk to your doctor or health care team if you have any questions about your care.

For more health information, go to patienteducation.osumc.edu or contact the Library for Health Information at 614-293-3707 or health-info@osu.edu.