Controlling the Tyramine in Your Diet

**What is tyramine?**

Tyramine is a chemical found in all foods. It is normally harmless. But for people who take certain medicines, tyramine can cause severe problems.

**Why do I need to control it?**

Your doctor has placed you on a kind of medicine called an MAOI (monoamine oxidase inhibitor). If you eat too much tyramine while taking this drug, it may cause serious symptoms. These include:

- High blood pressure
- Severe headache
- Large pupils
- Stiff neck
- Sweating
- Nausea (feeling sick to your stomach) or vomiting (throwing up)
- Heartbeat that is too fast, too slow or not normal
- Chest pain

These symptoms may be harmful and could result in death. If you have any of these symptoms, call your doctor right away.

**How do I control it?**

1. **Avoid high-tyramine foods.** Any food that is aged, cured, fermented, over-ripe or spoiled could contain large amounts of tyramine.

2. **Limit medium-tyramine foods.** Eat no more than ¼ to ½ cup of these foods each day.

For a list of foods to avoid or limit, see the back of this page.

**What if I stop taking my MAOI?**

Your doctor may want you to go off your medicine at some point. If so, you will need to avoid high-tyramine foods for three to four weeks after you stop taking your MAOI.
### Avoid these foods

<table>
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<tr>
<th>Milk products</th>
<th>Meats and fish</th>
<th>Other foods</th>
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| - Aged cheese (like blue, camembert, cheddar, gorgonzola, gouda, gruyere, provolone, Roquefort, Stilton, Swiss)  
Note: It’s okay to eat yogurt, sour cream, cream cheese, farmer’s cheese, cottage cheese, mozzarella, processed cheese slices and ricotta cheese. | - Aged, dried or cured meats (including meat jerky, dry sausage and salami)  
- Salted, smoked or pickled meat or fish  
- Leftovers that are more than 24 hours old  
- Poorly stored liver or caviar (it has changed color, looks moldy or has a strange smell)  
- Meat extract  
**Alcohol**  
- Tap beer, imported beer (including non-alcoholic beer), homemade or unpasteurized beer and wine | - Hydrolyzed protein or yeast extracts, found in:  
- Brewer’s yeast  
- Marmite and Vegemite  
- Store-bought gravy  
- Broth and bouillon  
- Miso (fermented soybean paste)  
- Soy sauce  
- Most tofu (fresh tofu is okay)  
- Protein powder supplements  
- Sourdough breads  
- Tempeh |
| Fruits and vegetables | | |
| - Fava beans or broad beans  
- Fermented cabbage (like sauerkraut and kim chee)  
- Soy beans, edamame  
- Over-ripened fruit (like bananas or avocados)  
- Dried fruit | | |

**Limit these foods (eat no more than ¼ to ½ cup each day)**

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| - Unpasteurized milk products | - Domestic beer (including non-alcoholic beer)  
- More than two bottles or cans of beer within eight hours (including non-alcoholic beer)  
- More than 4 ounces of wine within eight hours | - Teriyaki sauce (have no more than 2 to 4 tablespoons per day)  
- Chocolate (2 ounces) or chocolate containing dessert (4 ounces)  
- Peanut butter (2 to 4 ounces) or peanuts |
| Meats and fish | | |
| - Meat pâtés  
- Pepperoni, hot dogs, bologna | | |