

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 or MAOIs such as:

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

There are some other medicines that have effects like MAOIs with tyramine, such as:

- Linezolid (Zyvox)
- Procarbazine (Matulane)
- St. John's Wort, a herbal supplement

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

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 the 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.

More on next page →

Learn more about your health care.



- 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 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 Foods are high in tyramine and should not be eaten.
Milk and Dairy or Dairy Products	<p>Milk:</p> <ul style="list-style-type: none"> • Whole, 2%, skim, dried, sweetened condensed milk, evaporated milk, eggnog, milkshakes (vanilla), soy milk <p>Cheese:</p> <ul style="list-style-type: none"> • Cottage, cream cheese, buttermilk, yogurt, cream, sour cream, ricotta, processed cheese (American, Velveeta®) 	<p>Cheese:</p> <ul style="list-style-type: none"> • Farmers, Havarti, Brie, Boursin 	<ul style="list-style-type: none"> • 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. Avoid imitation cheeses except cottage and ricotta
All Meats Fish, poultry are safe fresh or frozen	<p>Meats and other protein sources.</p> <ul style="list-style-type: none"> • Beef, lamb, pork (including ham), veal, chicken, Cornish hen, turkey, duck, capon, goose, all fresh fish, tuna or canned shellfish (clams, lobster, crabs, oysters, scallops, shrimp, squid) 		<p>Meats and other protein sources.</p> <ul style="list-style-type: none"> • Fermented meat products such as chorizo, salchichon, and other fermented sausages • Fermented/dry sausage, pepperoni, salami, mortadella sausage, Chinese dried duck • Corned beef

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 each day.	Avoid Foods are high in tyramine and should not be eaten.
	<ul style="list-style-type: none"> • Fresh fish, smoked whitefish, salmon, carp, smoked anchovies, pickled herring • Fresh meats (except game meats) and smoked meats • All fresh packaged or processed meats (hot dogs, bologna, liverwurst) • Pepperoni produced in the U.S. 		<ul style="list-style-type: none"> • Imported pepperoni • All casseroles, lasagnas, pizza or bread made with these meats • Any leftover foods over 48 hours old • Meat products near or beyond the expiration date or improperly stored meat, fish, poultry, or pickled herring • Meats prepared with tenderizer
Fruits and Vegetables	<ul style="list-style-type: none"> • All fresh, canned, frozen and dried fruits and vegetables are safe except those listed to avoid 		<ul style="list-style-type: none"> • Fermented, overripe, spoiled or moldy • Broad bean pods (Fava, snowpeas) • Pickles, olives • Sauerkraut, kimchi • Banana peel
Yeast Extracts	<ul style="list-style-type: none"> • Plain yeast (used for baking) • Yeast extracts • Brewer's yeast (vitamin supplement) 		<ul style="list-style-type: none"> • Concentrated yeast extracts (Marmite, vegemite)
Miscellaneous	<ul style="list-style-type: none"> • Beef and chicken bouillon • Chocolate • Fresh gravy • Monosodium Glutamate • Curry powder • Salad dressings • Tomato Sauce • Worcestershire sauce 		<ul style="list-style-type: none"> • 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

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 each day.	Avoid Foods are high in tyramine and should not be eaten.
Beverages (Non-alcoholic)	<ul style="list-style-type: none"> • Lemonade • Fruit juice 	<ul style="list-style-type: none"> • Coffee and cola beverages • Coffee, cola, and other caffeinated beverages should be limited to a total of 16 oz per day 	
Beverages (Alcoholic)	* We cannot recommend consuming any alcoholic beverages, regardless of tyramine content. Please check with your doctor before consuming.	<ul style="list-style-type: none"> • No more than 12 oz domestic, canned, or alcohol-free beer or 4 oz red or white wine per day 	<ul style="list-style-type: none"> • All tap beers

Drugs

- While taking MAOIs or the other medicines listed, there are some over the counter medicines that should be avoided. These include appetite suppressants, nasal decongestants or other cold remedies.
- It would be best to check with a pharmacist or doctor before taking any over the counter medicines.
- It is also very important to let your other doctors know that you are taking MAOIs before other medicines are prescribed.

✳ **Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: health-info@osu.edu.**