

Tyramine-Controlled Diet

Why follow a tyramine-controlled diet?

The medication you are taking requires you to temporarily avoid eating foods with tyramine. This will help prevent uncomfortable side effects, such as high blood pressure, nausea, vomiting, and headaches. After you stop taking the medication, you should continue the diet for 2 weeks.

Dietitian name
Phone number



AMERICAN DIETETIC ASSOCIATION

IMPORTANT POINTS TO KEEP IN MIND

- Purchase fresh, frozen, or canned foods. Avoid any foods that appear to be spoiled or have not been stored properly.
- Avoid all foods that are aged, spoiled, fermented, or pickled.
- While on your current medication, stop drinking herbal teas or using herbal treatments; some may contain tyramine.
- Use care when selecting foods in restaurants.

NOTES:

SAMPLE MENU FOR A TYRAMINE-CONTROLLED DIET

BREAKFAST

Orange juice
Whole-grain cereal
Apple slices
Whole-grain toast with
margarine and jam
Milk
Decaffeinated coffee or tea
(8 oz)

LUNCH

Tomato juice
Hamburger with sliced
tomato and lettuce
Fresh fruit salad
Ice water

SNACK

Graham crackers
Milk

DINNER

Tossed salad with vinegar-
and-oil dressing
Broiled chicken breast
Herbed brown rice
Steamed broccoli
Whole-grain roll with
margarine
Vanilla frozen yogurt
Decaffeinated coffee or tea
(8 oz)

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Food Categories	Foods To Avoid	Foods That May Cause Distress (You may be able to tolerate small amounts.)	Tips
BREAD, CEREALS, RICE, AND PASTA			
	Sourdough and fresh, home-made yeast-leavened breads Brewer's yeast	None	
VEGETABLES			
	Fava or broad beans pods, including Italian beans and Chinese pea pods Sauerkraut	None	Eat vegetables and fruits as fresh as possible. Keep them in your refrigerator no longer than 2 days.
FRUITS			
	Overripe and spoiled, moldy, or fermented fruit Banana peel		
MILK, YOGURT, AND CHEESE			
	All aged and mature cheese, such as cheddar and blue cheese, cheese spreads, cheese casseroles, or any product made with aged cheese Outdated or nonpasteurized dairy products	Farmers, Havarti, Brie, and Boursin cheese as tolerated	The following cheeses are not aged and you may eat them as desired: cottage, ricotta, and processed cheese slices.
MEATS, POULTRY, FISH, DRIED BEANS AND PEAS, EGGS, AND NUTS			
	Dry fermented sausages (summer sausage, pepperoni, salami, pastrami, mortadella) Smoked or pickled fish (herring, lox, caviar) Any leftover food containing meat, fish or poultry Tofu and soy products	Fresh or canned tuna, fresh mackerel, smoked or canned sardines, fresh or canned bonito, fresh or canned anchovies, canned pilchard Game meat that has been hung	Purchase meats that are fresh. Cook and eat meats the day you buy them or freeze immediately. Thaw foods in the freezer or refrigerator. Use canned meats, fish, or poultry immediately after opening.
FATS, SNACKS, SWEETS, CONDIMENTS, AND BEVERAGES			
	Meat and yeast extracts in dry packaged and canned soup, gravy, sauce and stew mixes, instant soup powders and bases, bouillon cubes, and meat tenderizers Liquid and powdered dietary protein supplements Tap beer	Unless restricted by your doctor, you may be able to tolerate 1–2 servings of gin, vodka, whiskey, red wine, white wine, light beer, or nonalcoholic beer (bottled or canned) daily.	Even though the alcohol and canned fish listed don't contain tyramine, they contain other ingredients that may cause similar side effects.