

## **FOODS THAT MUST BE COMPLETELY AVOIDED:**

**Cheeses:** All aged and mature cheeses, since it is impossible to know the tyramine content all cheeses should be avoided. Including but not limited to cheddar, swiss, blue cheese, mozzarella, parmesan, romano, cheese spreads, cheese casseroles or any foods made with cheese. Only Exceptions: Ricotta, cottage cheese, cream cheese and processed cheese slices.(per the ADA)

Note: The American Dietetic Association is the only reference below that has included "processed cheese slices" as permissible.

**Yeast, Brewers and Extracts** Includes brewers yeast, extracts such as marmite, yeast vitamin supplements, sourdough and fresh homemade yeast leavened breads; yeast found in prepared foods, soups, can foods, frozen foods, should be checked for the addition of yeast abstracts and should be avoided.

Note: Breads that ARE NOT sourdough, fresh homemade yeast leavened breads are permissible.

**Meats/Fish** All smoked, aged, pickled, fermented, or marinated meats must be avoided. Including but not limited to pickled fish, Shrimp paste, pickled herring, meat extracts, livers, Non-fresh meats, (such as leftovers), Wild game, Dry sausages or prepared, such as salamoni, bologna, pepperoni, frankfurters, bacon, bologna, liverwurst and ham.

Note: Any smoked, pickled, fermented, aged meat or spoiled food may contain high levels of tyramine and must be avoided. Caution should be used in restaurants. Any protein food that is improperly stored or mishandled can contain high levels of tyramine, chicken and beef liver, liver pate and game usually contain high levels due to mishandling. Freshness of food is a key issue while taking an MAOI in order to prevent a potential hypertensive crisis. Thus, eat perishable foods within two days after purchase. Protein Extracts Includes liquid and powdered protein dietary supplements

**Fruits and Vegetables.** Banana Peels (also overripe bananas must be avoided as the tyramine becomes high as the banana ages) Sauerkraut (since the tyramine contents in sauerkraut differ widely all should be avoided)

Note: All overripe and spoiled fruits should be avoided. Limited Exceptions: Limit intake of 1/2 cup (4oz) of only one per day, providing same is fresh of the following: avocados, bananas, canned figs, raisins, raspberries, red plums.

**Beans** Includes Broad fava beans, Italian beans, chinese pea pods, beans pastes, fermented bean curds, fermented soya beans, soya sauce, soya bean pastes, Tofu, Miso soup.

**Condiments/Seasonings** In that protein and yeast extracts are found in various condiments and seasonings and should be avoided, those to be avoided includes but are not limited to bouillion cubes/powder, meat tenderizers, dry packaged and canned soups, gravy, sauces, stew mixes, instant soup dry powder bases, Soy Sauce and Teriyaki.

**Soy Sauce** (has been reported to contain high levels of tyramine and reactions have been reported with Teriyaki)

**Soups** Prepared, can, frozen, dry packaged, restaurant soups should be avoided as Protein Extracts, bouillions may be present; furthermore, Miso Soup is prepared from fermented beans and contain high levels of tyramine, additionally bouillions should also be avoided.

**Beverages/Alcoholic and Non Includes Beer, Ales, domestic and imported, Wines,** especially Chianti vermouth, Whiskey and liqueurs, such as Drambuie and Chartreuse. Nonalcoholic varieties of beers and wines should also be avoided.

**Ginseng** Some preparations have resulted in adverse reactions and should be avoided

## **FOODS TO USE WITH CAUTION:**

Note: The foods to use with caution, listed below, have been reported to cause adverse events. Adverse reactions may occur if foods are over ripe, contaminated, not handled properly, near expiration date, or eaten in large quantities, such as more than 1/2 cup. Furthermore, the ADA has advised that only one (1) of these foods may be eaten per day.

**Avocados** Overripe should be completely avoided; however, if not overripe, small amounts, 1/2 cup, may be safe.

**Raspberries** Contain tyramine; however small amounts, 1/2 cup, may be safe Nuts Large amounts of Peanuts, coconuts and brazil nuts have been implicated in a hypertensive reaction.

**Chocolate** May be safe unless consumed in large amounts. Spinach Large amounts of New Zealand or hot weather variety, have resulted in a reaction.

**Caffeine** Such as coffee, tea, cokes; large amounts may cause a reaction. The ADA suggests restricting these beverages to two 8oz servings per day.

**Dairy Products** Limit servings of Buttermilk, yogurt and sour cream to 1/2 cup. Dairy products from unpasteurized milk should be avoided.

Note: Cream cheese, cottage cheese or milk should pose little risk, providing, these products have been properly stored and handled and the products should be avoided if close to the expiration date.