

Low Tyramine Diet

A low tyramine diet is recommended if you are taking certain medicines such as monoamine oxidase inhibitors (MAOIs), some medicines used to treat Parkinson’s disease, and certain antibiotics. Tyramine is found mainly in foods that are fermented, aged, or spoiled. Eating foods that are high in tyramine while taking these medicines can cause side effects such as high blood pressure, headache, heart palpitations, nausea, vomiting, visual disturbances, and confusion.

Some of the drugs that require a low tyramine diet include:

- isocarboxazid (Marplan[®])
- linezolid (Zyvox[®])
- pargyline hydrochloride (Eutonyl[®])
- phenelzine sulfate (Nardil[®])
- procarbazine hydrochloride (Matulane[®])
- tranylecyromine sulfate (Parnate[®])

Low Tyramine Diet Guidelines include:

- You should follow the low tyramine diet while taking the medicine and for 2 weeks after stopping the medicine.
- Fresh foods should be stored at the proper temperatures and cooked or frozen within 24 hours of purchase.
- Do not eat cooked foods that are stored in the refrigerator for more than 24-48 hours.
- Do not eat foods that are at or beyond their expiration date.
- Coffee, cola, and other caffeinated drinks should be limited to a total of 16 ounces per day.

Food Group	Foods Recommended	Foods to Avoid
<p>Vegetables</p>	<ul style="list-style-type: none"> • All fresh, frozen, or canned vegetables. 	<ul style="list-style-type: none"> • Fermented vegetables such as sauerkraut and kimchi. • Fermented, decomposed, or spoiled vegetables. • Chinese pea pods. • Italian broad beans (fava beans). • Fermented soy bean products (soy sauce, teriyaki, fermented tofu, miso, tamari, natto, shoyu, tempeh, and soybean paste).

Food Group	Foods Recommended	Foods to Avoid
Meats and other protein sources	<ul style="list-style-type: none"> • All fresh or frozen meats, fish, or poultry. • Eggs • Legumes • Nuts • Peanut butter 	<ul style="list-style-type: none"> • Fermented meat products such as chorizo, salchichon, and other fermented sausages; corned beef. • Dried sausages such as pepperoni, summer sausage, salami, pastrami, and mortadella. • Meat products near or beyond the expiration date. • Chicken and beef liver, pate. • Caviar.
Breads, Grains and Cereals	<ul style="list-style-type: none"> • Whole wheat and enriched white breads, rolls, crackers, and quick breads • Cooked and dry cereals • Grits, pasta and rice 	<ul style="list-style-type: none"> • None
Fruits	<ul style="list-style-type: none"> • Fresh, frozen, or canned fruits and juices. 	<ul style="list-style-type: none"> • Banana peels. • Overripe fruits. • Fermented, decomposed, or spoiled fruit.
Dairy and Cheese	<ul style="list-style-type: none"> • Milk • Yogurt, • Fresh cheese such as cottage cheese or ricotta cheese • Processed cheese made from pasteurized milk, such as American cheese and cream cheese. 	<ul style="list-style-type: none"> • All aged and fermented cheeses and spreads such as bleu, cheddar, gouda, muenster, fetabrick, brie, camembert, cheddar, emmentaler, gruyere, mozzarella, parmesan, provolone, parmesan, roquefort, stilton, and liederkranz. • Any foods containing these cheeses such as pizza, casserole, salad dressings, quiche.
Soups	<ul style="list-style-type: none"> • Cream and broth based soups, except those on the Avoid list 	<ul style="list-style-type: none"> • Soups made with vegetables on the Avoid list. • Cheese soup • Soup made with beer or wine
Beverages	<ul style="list-style-type: none"> • Decaf coffee and tea • Milk • Carbonated drinks • Juices • Non-cola drinks (7-Up[®], Sprite[®]) 	<ul style="list-style-type: none"> • Beer • Wine • Champagne.
Other foods		<ul style="list-style-type: none"> • Marmite spread(vegetable extracts) • Yeast extracts (Vegemite spread) • All aged products.

Teach Back:

For which medication are you taking that you need to follow a low tyramine diet?

What changes will you make in your diet/lifestyle, based on what you learned today?

If you are a UW Health patient and have more questions please contact UW Health at one of the phone numbers listed below. You can also visit our website at www.uwhealth.org/nutrition.

Nutrition clinics for UW Hospital and Clinics (UWHC) and American Family Children's Hospital (AFCH) can be reached at: **(608) 890-5500**.

Nutrition clinics for UW Medical Foundation (UWMF) can be reached at: **(608) 287-2770**.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 2/2016 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Clinical Nutrition Services Department and the Department of Nursing. HF#154