



TYRAMINE-RESTRICTED DIET (MAOI DIET)

What is it?

A tyramine restricted diet is designed to remove foods with tyramine for people taking MAOI medications (Mononamine oxidase inhibiting medications). This diet should be followed during the course of MAOI treatment and for three weeks after the medication is discontinued.

What are symptoms of tyramine sensitivity?

Increased blood pressure, increased heart rate, severe headaches, hot feeling, and redness of the skin, sweating, chills, clamminess, migraine headaches, lightheadedness and hives.

What will happen if you eat a small amount of foods containing tyramine?

Many people can have different sensitivities to the amount of tyramine in the diet. The list below is sufficient to avoid. For others with ongoing severe symptoms such as migraines or chronic hives, a more severe restriction may be beneficial (see chart on page 2).

Foods to avoid

Dairy Products

- All fermented cheese especially camembert, cheddar and feta
- Allowed cheeses include cottage, ricotta, cream cheese and Quark

Meat

- Processed meat like sausages, bologna, pepperoni and salami
- Yeast and meat extracts such as Bovril, Oxo, marmite and Vegemite
- Soups and gravies containing yeast and meat extracts
- Leftover meat, fish, poultry or recipes containing them

Fish

- Smoked or pickled fish, smoked salmon, pickled herring and caviar

Vegetables and Fruit

- Sauerkraut
- Fava beans
- Any overripe vegetables and/or fruit

Other

- Red wine

Tyramine-Restricted Diet

Type of food	Foods Allowed	Foods to avoid
Milk and Milk products	Milk, ricotta/cottage cheese and cream cheese	All other dairy products
Grain Products	All (limit total amount of yeast-risen breads) Breakfast cereals including: Puffed rice and wheat, corn flakes, Shreddies, shredded wheat, plain oats and oatmeal, plain cream of wheat Plain crackers including: Melba Toast, RyVita, Rye Krisp, Wasa Pasta Rice	Excessive quantities of baked goods with yeast Muesli and granola with restricted ingredients
Vegetables and Fruit	All except those listed opposite	Any over-ripe vegetables or fruit , any pickled vegetables, Avocado, Fava beans, Green peas, Potato, Sauerkraut, Spinach Sweet potato, Tomato, Banana, Plums, Prunes Raisins, Raspberries
Meat and alternatives	All freshly cooked meat, poultry or fish, eggs, legumes, pure peanut butter, most nuts and seeds	Leftover meat, sausage, bologna, pepperoni, salami, oysters, smoked salmon, soy products, walnuts and pecans
Fats and oils	Butter, margarine, oils, homemade salad dressing and homemade gravy	Commercial salad dressings and gravy
Miscellaneous	Pure herbs and spices, sugar, honey, syrups, jam, jellies, marmalades, artificial sweetners, baking powder, baking soda, plain gelatin, coffee, tea, herbal tea and carbonated beverages (not cola)	Chocolate, cocoa bean, vinegar, yeast and meat extracts, beer, wine (especially red) vermouth and cola beverages

Dietitian: _____

Phone: _____

Adapted from: *Managing Food Allergies and Intolerances*, Janice Vickerstaff Joneja, 1995.