

Low-Tyramine Diet

Why do I need to follow a low-tyramine diet?

You will be taking a medication called a **MonoAmine Oxidase Inhibitor** or **MAOI**. This medication reacts with a substance called Tyramine found in some food and drinks.

Tyramine may cause very high blood pressure when it is taken with MAOI medication. High blood pressure can cause heart problems or stroke. You may also have a severe headache, nausea and stiffness.

You need to follow a low-tyramine diet to prevent the risk of heart problems and stroke.

How long do I follow this diet?

- You will start this diet the day before you begin taking MAOI medication.
- You stay on this diet the whole time you take MAOI medication.
- If your doctor tells you to stop taking MAOI medication, you must follow this diet for 2 more weeks after stopping this medication.

Diet guidelines:

You can follow the diet guidelines on the next few pages. If you have any questions or concerns, call your dietitian.

Name: _____

Date: _____

Dietitian: _____

Diet Guidelines

| Food Group | ✓ Allowed | Limit | ✗ Avoid |
|-----------------------------|--|---|---|
| Bread and cereal | ✓ Any bread or cereal that does not contain cheese | | ✗ Bread and cereal that contain cheese |
| Desserts and sweets | ✓ Any dessert or sweet that does not contain food on all of the 'Avoid' lists | | |
| Drinks | ✓ Any alcohol except tap beer but read the 'Limit' list → ✓ Soft drinks | <ul style="list-style-type: none"> • Coffee, tea and cola drinks • Your doctor or dietitian may give you other guidelines to follow | ✗ Tap beer |
| Fats and oils | ✓ Any that do not have meat extracts | | ✗ Gravies and sauces that contain meat extracts |
| Fruit and vegetables | ✓ Any fruit or vegetable that is not in the 'Avoid' list | | ✗ Any overripe, spoiled, moldy or fermented fruit or vegetable ✗ Avocado that is overripe ✗ Banana peel ✗ Broad beans ✗ Chinese pea pods ✗ Fava beans ✗ Italian beans ✗ Sauerkraut |

Diet Guidelines

| Food Group | ✓ Allowed | Limit | ✗ Avoid |
|---|---|---|--|
| Milk and milk products | <ul style="list-style-type: none"> ✓ Fresh milk ✓ Buttermilk ✓ Cheese Whiz® ✓ Cottage cheese ✓ Cream ✓ Cream cheese ✓ Ice cream ✓ Processed cheese slices ✓ Ricotta cheese ✓ Sour cream ✓ Yogurt | <ul style="list-style-type: none"> • Boursin cheese • Brie cheese • Farmer's cheese • Havarti cheese • Soy milk | <ul style="list-style-type: none"> ✗ All aged, old and mature cheese such as cheddar or parmesan ✗ Any product made with aged, old or mature cheese such as salad dressing ✗ Any outdated or non-pasteurized product ✗ Cheese casseroles such as lasagna ✗ Pizza |
| Meat, fish, poultry and alternatives | <ul style="list-style-type: none"> ✓ Fresh meat, poultry and fish ✓ Canned meat, fish, poultry and fish (read 'Limit' list) ✓ Luncheon meat ✓ Eggs ✓ Legumes ✓ Fresh sausage ✓ Hot dogs ✓ Peanut butter | <p>Limit fish servings: 1 to 2 a week of: canned:</p> <ul style="list-style-type: none"> • Tuna • Sardines • Bonito • Anchovies • Pilchards • Mackerel <ul style="list-style-type: none"> • Limit game meat that has been hung | <ul style="list-style-type: none"> ✗ Summer sausage ✗ Mortadella ✗ Pastrami ✗ Pepperoni ✗ Salami ✗ Herring ✗ Lox ✗ Caviar ✗ Dry fermented sausage ✗ Protein dietary supplements ✗ Soy products ✗ Tofu products ✗ Leftovers containing non-fresh meat or poultry |

Diet Guidelines

| Food Group | ✓ Allowed | Limit | ✗ Avoid |
|--------------|--|---|---|
| Soup | <ul style="list-style-type: none"> ✓ Any soup that does not contain meat, extracts, cheese | <ul style="list-style-type: none"> • Canned soup: 1 to 2 servings a week | <ul style="list-style-type: none"> ✗ Soup containing meat, extracts, cheese ✗ Dried soup |
| Other | <ul style="list-style-type: none"> ✓ Brewers yeast ✓ Fresh meat stock ✓ Monosodium glutamate ✓ Salad dressings that do not contain ✓ Cheese | | <ul style="list-style-type: none"> ✗ Marmite and vegemite concentrated ✗ Meat extracts ✗ Soy sauce ✗ Yeast extracts |

Helpful Hints:

- All food must be fresh. If you do not know if the product is fresh, do not eat it.
- When eating out, avoid any food that may not be fresh. Ask the server if you are not certain.
- Check expiry dates.
- Thaw food in the refrigerator only, never at room temperature.
- ✗ Do not use any leftover food after 2 days.

Contact your doctor or pharmacist if you have:

- any unusual headaches or other symptoms

