

Low Tyramine Diet for Monoamine Oxidase Inhibitor (MAOI) Medications

High levels of tyramine in your body may cause dangerously high blood pressure.

- Tyramine is in the food we eat. MAOI medications stop the body from breaking down tyramine, which may cause dangerously high blood pressure.
- Symptoms of high blood pressure include; severe headache, fever, stiff neck, chest pain, fast heartbeat, fast breathing, nausea/vomiting. Contact your doctor immediately if you have these symptoms.
- **Follow a low tyramine diet** while on, and for 2 weeks after stopping, a MAOI medication.

Guidelines for a low tyramine diet

Medication: _____

Use all leftover food within 1-2 days.

Food Category	Foods to Avoid	Foods Allowed
Meats & Alternatives	<ul style="list-style-type: none"> • Aged and dry/fermented meats or sausages (e.g. pepperoni, salami, mortadella, summer sausage, etc.) • Liver • Smoked/pickled fish • Fava or broad bean pods • Tofu • Meat jerky 	<ul style="list-style-type: none"> • Fresh meat (freeze, if not using immediately) • Fresh sausage (e.g. breakfast sausage), wieners, ham, corned beef, bologna • Eggs • Canned tuna/salmon (must be eaten immediately after opening)
Milk & Alternatives	<ul style="list-style-type: none"> • Aged cheeses (e.g. all cheddar, brick, blue, stilton, roquefort, camembert, brie, etc.) • All foods made with these cheeses • Non-pasteurized milk products • Avoid milk products on or past expiration date 	<ul style="list-style-type: none"> • Cream cheese • Cottage cheese • Processed cheese • Havarti cheese • Ricotta cheese • Other milk products not listed in foods to avoid list
Vegetables & Fruit	<ul style="list-style-type: none"> • Banana peel • Sauerkraut, kim chee • Other vegetables and fruit that are spoiled or overripe 	<ul style="list-style-type: none"> • Bananas (no peel)
Beverages	<ul style="list-style-type: none"> • Red wine • Beer 	<ul style="list-style-type: none"> • Tea/coffee • Pop
Other Foods	<ul style="list-style-type: none"> • Yeast extracts (e.g. Marmite™, Vegemite™) • Yeast containing dietary supplements • Soya sauce, miso 	<ul style="list-style-type: none"> • Chocolate • Monosodium glutamate (MSG) • Meat extracts (e.g. Bovril, Oxo, gravy base) in moderation

Adapted from WRHA Adult Criteria for Menu Database (2008) & The Manual of Clinical Dietetics (2000).

To be used in conjunction with advice from a Registered Dietitian.