

Low Tyramine Dietary Instructions



Dietetics

@ hdietetcs@hamad.qa
40253295

Patient and Family Education

@ patienteducation@hamad.qa
Hot Line: 44390111



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24-081

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Tyramine is a natural compound (Amine) derived from the amino-acid Tyrosine. It is naturally occurring as a result of proteins breakdown in food or after food decomposes due to: poor processing, storage techniques, fermentation or spoilage.

A low Tyramine diet is needed if you are taking certain types of medications, mainly the Monoamine Oxidase Inhibitor (MAOIs) such as: Marplan (Isocarboxazid), Nardil (Phenelzine), Parnate (Tranlycypromine), Selegiline (Eldepryl in dose > 10 mg/day) and the antibiotic Linezolid (Zyvox).

There are other types of medications that require a low Tyramine diet and the pharmacist could advise you about that.

When taking these medications your body cannot process Tyramine very well. This puts you at risk of the effects of high Tyramine levels in the body.

Consuming foods with a high Tyramine content with Monoamine Oxidase Inhibitors (MAOIs) can lead to an acute and rapid increase in your blood pressure. This can cause unpleasant symptoms that could lead to a serious health problem.

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Signs and symptoms of high Tyramine level:

High blood pressure	
Severe headache or migraine	
Chest pain	
Shortness of Breath	
Blurred vision	
Nausea & Vomiting	

The degree of symptoms is related to the amount of Tyramine in your blood. Higher levels will lead to more symptoms. Reducing Tyramine in your diet while taking Monoamine Oxidase Inhibitors (MAOIs) will reduce these effects.

Important note

Start low Tyramine diet on the same day as starting your medications and continue the diet up to 14 days after stopping these medications (unless advised by your Doctor or Pharmacist).

Tips to reduce Tyramine in your diet

1. The best choice is to maintain fresh foods at proper temperature, cook or freeze it within 24 hours from purchase.
 - Foods should be eaten the same day they are cooked.
 - Avoid cooked foods that are stored in the refrigerator for more than 24 to 48 hours (1-2 days).
 - Cooking does not reduce food Tyramine level.
2. Avoid intake of foods that are aged or fermented or not properly refrigerated.
3. Avoid overripe, leftover and near to expire foods.
4. Limit your intake of caffeine (e.g. coffee, tea, cola, energy drinks, chocolate/ chocolate drinks...). It should be limited to a total of less than 2 cups per day. (1 cup is equal to 240 ml).
5. When you are following low Tyramine diet, it's not recommended to include alcohol.

Allowed and not allowed foods for low Tyramine diet:

Food type	Food Allowed	Food not allowed
Grains & Cereals	All grains and cereals	Sourdough bread Bread made with aged cheese, aged meat or yeast extract
Vegetables	All fresh, frozen, and canned vegetables (as long as they are not overripe)	Overripe, pickled and fermented vegetables such as "Sauerkraut" and "Kimchi" Dried vegetables Makdoos (pickled eggplant)
Fruits	All fresh, frozen, and canned fruits (as long as they are not overripe)	Banana peel. Overripe and Fermented fruits Dried fruits
Milk and Dairy products	Fresh and Pasteurized Milk Non-matured cheeses, processed cheese made from pasteurized milk, fresh cheeses such as cottage cheese or ricotta cheese Cultured milk products: yogurt, kefir, sour cream (limit to 1/2 cup per day)	Unpasteurized milk Aged cheese Matured cheeses: (e.g. cheddar, camembert, mozzarella, gouda, parmesan, provolone, Roquefort, aged Feta) Buttermilk Yakult (Asian fermented milk) Labneh, Jameed Cheese sauces

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Meat, Meat alternatives and Beans	Fresh or frozen meats, poultry, fish, and shellfish Eggs Legumes except fava beans (broad beans)	Aged, dried, pickled or smoked meat, fish and poultry (e.g. Mortadella, salami, pepperoni, jerky, smoked turkey, smoked herring, Anchovies) Improperly stored meat, poultry, fish or liver products (e.g. foods that have undergone changes in color, odor or have become moldy) Tempeh or fermented tofu products e.g. soy cheese Fermented meat products and fermented sausages Corned beef Pâté (commercial stuffed dough) fava beans (broad beans)
Oils & fats	Salad dressings without aged cheese Vegetable oils Mayonnaise	Salad dressings made with aged cheese Pickled olives
Others	Juices made from fresh or frozen fruits or vegetables as long as they are not overripe Decaffeinated coffee and tea White vinegar Nuts, peanut butter in moderation Tomato paste and ketchup	Miso (fermented soybean seasoning) Fermented fish sauce Soy sauce and any other soy-based Condiments/sauces, including "Teriyaki Sauce", "Hoi Sin" Natural fermented vinegar

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Do not hesitate to ask your doctor or dietitian about any food not listed above.

Eat Right—Academy of Nutrition and Dietetics

<http://www.eatright.org>

National Institute of Diabetes and Digestive and Kidney Diseases

<http://www.niddk.nih.gov>

Dietitians of Canada, Eating for a Low Tyramine Diet. Updated 2014-09-15. Available online: <http://www.pennutrition.com>

