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**

Use all leftover food within 1-2 days.

<table>
<thead>
<tr>
<th>Food Category</th>
<th>Foods to Avoid</th>
<th>Foods Allowed</th>
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</table>
| Meats & Alternatives| • 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 | • Fresh meat (freeze, if not using immediately)  
                      • Fresh sausage (e.g. breakfast sausage), wiener, ham, corned beef, bologna  
                      • Eggs  
                      • Canned tuna/salmon (must be eaten immediately after opening) |
| Milk & Alternatives | • 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 | • Cream cheese  
                      • Cottage cheese  
                      • Processed cheese  
                      • Havarti cheese  
                      • Ricotta cheese  
                      • Other milk products not listed in foods to avoid list |
| Vegetables & Fruit  | • Banana peel  
                      • Sauerkraut, kim chee  
                      • Other vegetables and fruit that are spoiled or overripe | • Bananas (no peel) |
| Beverages           | • Red wine  
                      • Beer | • Tea/coffee  
                      • Pop |
| Other Foods         | • Yeast extracts (e.g. Marmite™, Vegemite™)  
                      • Yeast containing dietary supplements  
                      • Soya sauce, miso | • Chocolate  
                      • Monosodium glutamate (MSG)  
                      • Meat extracts (e.g. Bovril, Oxo, gravy base) in moderation |


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