

Tyramine Avoidance

The following foods contain very little or no tyramine and may be eaten as desired.

****Do not consume foods to which you have an allergy/sensitivity/intolerance.****

<p><u>Milk:</u> 2% milk Buttermilk Condensed milk Dried milk Eggnog Evaporated milk Skim milk Sweetened Vanilla milkshakes Whole milk</p> <p><u>Cheese:</u> Cottage cheese Cream cheese Processed cheese (American, Velveeta®) Ricotta</p> <p><u>Other Dairy:</u> Sour cream Yogurt</p>	<p><u>Protein:</u> All fresh fish Beef Capon Chicken Cornish hen Duck Fresh meats (except game meats) Goose Goose Lamb Pork Shellfish, canned Tuna, canned Turkey Veal Shellfish: clams, lobster, crab, Oysters, scallops, shrimp, squid</p>	<p><u>Fruits & Vegetables:</u> All fresh, frozen, Canned fruits and Vegetables.</p> <p>All fruits and Vegetables should be fresh and not overripe or spoiled.</p> <p><u>Miscellaneous:</u> Plain yeast (used for baking)</p>
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Eat these foods sparingly. Select no more than one of these foods each day.

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<p><u>Cheese:</u> Farmers Havarti Brie Boursin</p>	<p><u>Fruit:</u> Raspberries or Raspberry jam (2 oz)</p>
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This food avoidance list is intended to be used as a guide to assist in making wise food choices and is NOT all- inclusive. Therefore, there may be additional ingredients which must be avoided.

Tyramine Avoidance (cont.)

Avoid the following:

<u>Protein:</u>	<u>Cheese:</u>	<u>Fruits & Vegetables:</u>	<u>Beverages:</u>	<u>Miscellaneous:</u>
Any foods left over >48 hours	Aged cheese spreads	Avocado	Beer/ale	Meat extracts (used in soups, sauces, gravies)
All aged, dried, smoked, fermented or pickled meat, fish, or poultry	*All aged cheeses: Blue Camembert Cheddar Feta Gouda Mozzarella Muenster Parmesan Provolone Romano Stilton Swiss	Bananas	Liqueurs	Wine vinegar
Beef & chicken livers	Any outdated or unpasteurized dairy products	Broad bean pods (fava, Italian green beans)	Nonalcoholic beer	Yeast: brewer's yeast marmite yeast supplements
Dried, salted or smoked meats and fish	**Imitation cheeses	Eggplant	Vermouth(martini)	
Dry sausage, such as "summer sausage"		Fermented fruit	Whiskey	
Fermented soybean products such as, soy sauce, bean curd, & miso		Guacamole	Wine	
<u>Luncheon meat:</u> Bacon Bologna Corned beef Ham Hot dogs Liverwurst Pepperoni Salami		Overripe, spoiled, or moldy fruit		
Meats prepared with tenderizer		Prunes		
		Raisins		
		Sauerkraut		
		Tomatoes		

*All aged cheeses should be avoided. Tyramine content increases as the cheese ages.

**Avoid imitation cheeses except cottage and ricotta.

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Please note: It is the responsibility of the client to disclose all known & potential health concerns that are pertinent to nutrition counseling. Nutrition therapy is not intended to act as a substitute for the care of a physician, but rather, support sound medical care.

Sources: Ohio State University Medical Center, copyright 10/2004.

Mahan, Kathleen L. & Sylvia Escott-Stump. *Krause's Food, Nutrition, & Diet Therapy*, 10th edition, USA: W.B. Saunders Company, 2000.