

# Tyramine content of common foods<sup>1-3</sup>

Type of food or beverage	<b>AVOID</b> these tyramine-rich foods and beverages	<b>CHOOSE</b> a food that contains little or no tyramine
Meat, poultry, and fish	<ul style="list-style-type: none"> <li>• Air-dried, aged, and fermented meats, sausages, and salami (including cacciatore, hard salami, and mortadella)</li> <li>• Pickled herring</li> <li>• Any spoiled or improperly stored meat, poultry, and fish (eg, foods that have undergone changes in coloration or odor or become moldy)</li> <li>• Spoiled or improperly stored animal livers</li> </ul>	<ul style="list-style-type: none"> <li>• Fresh meat, poultry, and fish</li> <li>• Fresh processed meats (eg, lunch meats, hot dogs, breakfast sausage, and cooked sliced ham)</li> </ul>
Vegetables/Misc.	<ul style="list-style-type: none"> <li>• Broad bean pods (fava bean pods)</li> <li>• Sauerkraut</li> <li>• Most soybean products (including soy sauce and tofu)</li> </ul>	<ul style="list-style-type: none"> <li>• All other vegetables</li> <li>• Soy milk</li> <li>• Commercial chain-restaurant pizzas prepared with cheeses low in tyramine</li> </ul>
Dairy	<ul style="list-style-type: none"> <li>• Aged cheeses, such as cheddar, English Stilton, Swiss, and blue cheese</li> </ul>	<ul style="list-style-type: none"> <li>• Processed cheese (eg, American cheese slices, Velveeta<sup>®</sup>, and Cheez Whiz<sup>®</sup>)</li> <li>• Cream cheese</li> <li>• Ricotta cheese</li> <li>• Yogurt</li> <li>• Mozzarella</li> <li>• Cottage cheese</li> </ul>
Beverages	<ul style="list-style-type: none"> <li>• All varieties of tap beer and beer that has not been pasteurized so as to allow for ongoing fermentation</li> </ul>	<ul style="list-style-type: none"> <li>• Bottled and canned beer</li> </ul>

## REFERENCES

1. Shulman KI, Walker SE, MacKenzie S, Knowles S. Dietary restriction, tyramine, and the use of monoamine oxidase inhibitors. *J Clin Psychopharmacol*. 1989;9(6):397-402.
2. *Manual of Clinical Dietetics*. 6th ed. Chicago, IL: American Dietetic Association; 2000.
3. Golwyn DH, Sevlie CP. Monoamine oxidase inhibitor hypertensive crisis headache: prevention and treatment. *Headache Q Curr Treat Res*. 1996;7(3):207-214.



# Cough, cold, allergy, and pain remedies you can take with MAO-B inhibitors.

Talk to your doctor or pharmacist before taking any over-the-counter or prescription treatments for allergies, the common cold, or pain.

Many of these medicines have a variety of formulas and brand names that are not listed here, so it's important to know that the ingredients are safe to take with MAO-B inhibitors.

All medicines should be used with caution. In addition, there may be safety concerns with pain remedies that are not related to use with MAO-B inhibitors.

## Examples of acceptable cold and allergy remedies

### Oral

Generic	Brand
diphenhydramine	Benadryl®
chlorpheniramine	Chlor-Trimeton®
loratadine	Claritin®, Alavert®
desloratadine	Clarinex®
cetirizine	Zyrtec®
fexofenadine	Allegra®

### Antihistamine nasal sprays and drops

Generic	Brand
azelastine	Astelin®
cromolyn	NasalCrom®

### Corticosteroid nasal sprays

Generic	Brand
beclomethasone	Beconase®
budesonide	Rhinocort Aqua®
flunisolide	Nasarel®
fluticasone	Flonase®
mometasone	Nasonex®
triamcinolone	Nasacort® AQ

### Eye drops

Generic	Brand
levocabastine	Livostin®
cromolyn	Opticrom®, Crolom®
ketotifen	Zaditor®

## Examples of acceptable cough remedies

Generic	Brand
benzonatate	Tessalon®
guaifenesin	Robitussin® (not DM), Mucinex® (not D or DM)
guaifenesin & codeine	Brontex®

## Examples of acceptable analgesics

Generic	Brand
acetaminophen	Tylenol®
aspirin	
codeine	
fentanyl	Actiq®, Duragesic®, Sublimaze®
hydrocodone	Lortab®, Vicodin®
hydromorphone	Dilaudid®, Palladone®
ibuprofen	Advil®, Motrin®, Nuprin®
morphine	DepoDur®, Kadian®, MS Contin®
naproxen	Aleve®, Anaprox®, Naprosyn®
oxycodone	OxyContin®, Percocet®, Percodan®



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