Tyramine content of common foods¹⁻³

Type of food or beverage	AVOID these tyramine-rich foods and beverages	CHOOSE a food that contains little or no tyramine
Meat, poultry, and fish	 Air-dried, aged, and fermented meats, sausages, and salami (including cacciatore, hard salami, and mortadella) Pickled herring Any spoiled or improperly stored meat, poultry, and fish (eg, foods that have undergone changes in coloration or odor or become moldy) Spoiled or improperly stored animal livers 	 Fresh meat, poultry, and fish Fresh processed meats (eg, lunch meats, hot dogs, breakfast sausage, and cooked sliced ham)
Vegetables/Misc.	Broad bean pods (fava bean pods)SauerkrautMost soybean products (including soy sauce and tofu)	 All other vegetables Soy milk Commercial chain-restaurant pizzas prepared with cheeses low in tyramine
Dairy	Aged cheeses, such as cheddar, English Stilton, Swiss, and blue cheese	 Processed cheese (eg, American cheese slices, Velveeta®, and Cheez Whiz®) Cream cheese • Mozzarella • Ricotta cheese • Cottage cheese • Yogurt
Beverages	All varieties of tap beer and beer that has not been pasteurized so as to allow for ongoing fermentation	Bottled and canned beer



^{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.