

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

Type of food or beverage	AVOID these tyramine-rich foods and beverages	CHOOSE a food that contains little or no tyramine
<b>Meat, poultry, and fish</b>	<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>
<b>Vegetables/Misc.</b>	<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>
<b>Dairy</b>	<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®, and Cheez Whiz®)</li> <li>• Cream cheese</li> <li>• Mozzarella</li> <li>• Ricotta cheese</li> <li>• Cottage cheese</li> <li>• Yogurt</li> </ul>
<b>Beverages</b>	<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>