
Tyramine in Foods

Tyramine is a substance called an “amine,” which is derived from a dietary amino acid called tyrosine. It is found widely in many foods, especially those that are fermented, aged, or spoiled. A diet low in tyramine is commonly recommended for individuals taking certain medications, including a class of antidepressants called monoamine oxidase inhibitors (MAOIs), some antibiotics, and several medications for Parkinson’s disease.¹

Sensitivity to Tyramine

Beyond medication interactions, some individuals may be sensitive to tyramine in foods. They may experience headaches, higher blood pressure, and other allergic-type reactions when higher-tyramine foods are eaten.¹

The amount of tyramine in food varies and is often related to the amount of time a food is stored after preparation. If tyramine sensitivity is suspected, foods that are typically higher in tyramine (listed below) should be eliminated for a period of time determined by your healthcare provider.

Eliminating other tyramine-containing foods may also be advised, based on your symptoms. Your functional medicine practitioner can provide personalized guidance on eliminating high-tyramine foods from your diet.

Food High in Tyramine²

- **Grains:** Sourdough bread, baked goods containing cheese
- **Vegetables:** Fermented vegetables (e.g., kimchi, sauerkraut), fava beans, snow peas
- **Fruit:** Any overripe fruit (especially avocado, banana, and dried fruit)
- **Meat & Seafood:** Bacon, chorizo, corned beef, pepperoni, salami, pickled herring, smoked salmon, pastrami, summer sausage, liver, caviar
- **Beans & Legumes:** Tofu, tempeh, natto, edamame, soybeans
- **Dairy & Alternatives:** All aged and fermented cheese (blue, Brie, Camembert, cheddar, Muenster, Gouda, Gruyere, provolone, Roquefort, Stilton) and foods containing these (e.g., pizza, lasagna)
- **Other:** Soy sauce, miso, tamari, yeast extract, beer, bouillon, fish sauce, Marmite/Vegemite, wine, champagne

Low-Tyramine Diet Suggestions

- Follow all instructions provided by your clinician if taking medication(s) that require a low-tyramine diet.
- Refrigerate or freeze perishable foods as soon as possible after buying.
- Eat leftovers as soon as possible. Discard leftovers after 48 hours.
- Read the “best buy” or “use by” dates, and do not eat foods after the expiration date.
- Limit coffee and other caffeinated drinks to 16 ounces per day.
- Keep track of your food intake and communicate any reactions or symptoms to your functional medicine healthcare provider.



REFERENCES

1. Andersen G, Marcinek P, Sulzinger N, Schieberle P, Krautwurst D. Food sources and biomolecular targets of tyramine. *Nutr Rev.* 2019 Feb 1;77(2):107-115. doi: 10.1093/nutrit/nuy036.
2. Diet during therapeutic use of monoamine oxidase inhibitors (MAOIs). UptoDate. <https://www.uptodate.com/contents/image/print?imageKey=PI%2F102360>. Accessed January 6, 2021.