



Tyramine Restricted Diet (MAOI)

This diet omits foods which contain large amounts of tyramine. It is used to prevent the occurrence of serious side effects in persons taking Monoamine Oxidase inhibiting (MAOI) drugs. This diet is adequate in all nutrients according to the National Research Council's Recommended Daily Dietary Allowances.

Food Classification/ Suggested Daily servings	Foods Recommended	Foods to Avoid
Milk 2-3 servings	Milk (fresh, dried or evaporated), cream, yogurt, and cottage cheese.	Chocolate milk, Limit yogurt, buttermilk, and sour cream to less than 1/2 c daily
Meat or Substitute 2 servings (2-3 oz portions)	All fresh or frozen meat, poultry and fish, canned meats (tuna and salmon), eggs, nuts, seeds, dry beans or peas. Most meat & poultry choices should be lean or very lean.	Beef or chicken livers, smoked or pickled fish, bacon, sausage, liverwurst, frankfurters. All luncheon meats (corned beef, pepperoni, salami, bologna, and ham; All aged, strong or processed cheeses and cheese spreads
Bread, grains or Cereal 3-10 servings daily	Use whole-grain or enriched breads, pasta, oatmeal, breakfast cereals, tortillas, grits, white, brown or wild rice, popcorn, cornbread, crackers, pretzels, buns, rolls, English muffins. It is recommended to use at least 3 servings of whole-grain cereals daily.	Bread or crackers containing cheese. Sourdough and fresh, home-made yeast-leavened breads. Brewer's yeast.
Vegetable 1-4 cups (4-6 servings)	Fresh, canned or frozen vegetables served in any form. 100% vegetable juices; include one serving dark green or yellow vegetable daily	Pods of broad beans (Italian green beans, Chinese pea pods), sauerkraut
Fruit 1-2 1/2 cups (2-5 servings)	Fresh, frozen or canned fruits and 100% juices of all kinds, except those list to avoid; include one serving citrus fruit or juice daily	Overripe and spoiled fruit. Bananas, avocados, canned figs, raisins, papaya products
Potato or Substitute	All	None

Fat	All except those to avoid	Sour Cream
Soup	All made with allowable foods	Those containing foods to be avoided. Dry packaged and canned soup, gravy, sauce and stew mixes, instant soup powders and bases, bouillon cubes and meat tenderizers.
Desserts and Sweets	All made with allowable foods	Those containing foods to be avoided
Beverage	Decaffeinated coffee, decaffeinated tea; non-caffeine carbonated beverages	All alcoholic beverages, especially beer and wine. Coffee, tea, cocoa, and caffeine containing carbonated beverages
Miscellaneous	All except those to avoid	Meat extracts, Yeast extracts, chocolate, soy sauce and tenderizers

Sources:

Central Iowa District Dietetic Association Manual of Clinical Nutrition, revised 1989

“Tyramine Controlled Diet” by American Dietetic Association

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