

# LOW TYRAMINE HEADACHE DIET

**Tyramine is produced in foods from the natural breakdown of the amino acid tyrosine. Tyramine is not added to foods. Tyramine levels increase in foods when they are aged, fermented, stored for long periods of time, or are not fresh**

Food Group	Allowed	Use With Caution	Avoid
Meat, Fish, Poultry, Eggs	Freshly purchased and prepared meats, fish, and poultry, Eggs, Tuna fish, tuna salad (with allowed ingredients).	Bacon*, sausage*, hot dogs*, corned beef*, bologna*, ham*, any luncheon meats with nitrates or nitrites added. Meats with tenderiser added Caviar.	Aged, dried, fermented, salted, smoked, or pickled products. Pepperoni, salami, and liverwurst. Non-fresh meat or liver, pickled herring.
Dairy	Milk: whole, 2% or skim. Cheese: American, cottage, farmer, ricotta, cream cheese, Velveeta, low-fat processed.	Yogurt, buttermilk, sour cream: ½ cup per day. Parmesan* or Romano* as a garnish (2 tsp.) or minor ingredient.	Aged cheese: blue, brick, brie cheddar, Swiss, Roquefort, stilton, mozzarella, provolone, emmentaler, etc.
Breads, Cereals, Pasta	Commercially prepared yeast, Product leavened with baking powder: biscuits, pancakes, coffee cakes, etc. All cooked and dry cereals. All pasta: spaghetti, rotini ravioli (w/allowed ingredients), macaroni, and egg noodles.	Homemade yeast leavened breads and coffee cakes. Sourdough breads.	Any with a restricted ingredient.
Vegetables	Asparagus, string beans, beets, carrots, spinach, pumpkin, tomatoes, squash, zucchini, broccoli, potatoes, onions cooked in food, Chinese pea pods, navy beans, soy beans, any not on restricted list.	Raw onion.	Snow peas, fava or broad beans, sauerkraut, pickles and olives. Fermented soy products like miso, soy sauce, and teriyaki sauce.
Fruits	Apple, applesauce, cherries, apricots, peaches, any not on restricted list.	Limit intake to ½ cup per day from each group: Citrus: orange, grapefruit, tangerine, pineapple, lemon and lime. Avocados, banana, figs*, raisins*, dried fruit*, papaya, passion fruit, and red plums.	
Nuts and Seeds			All nuts: peanuts, peanut butter, pumpkin seeds, sesame seeds, walnuts, pecans.
Soups	Soups made from allowed ingredients, homemade broth	Canned soups with autolyzed or hydrolyzed yeast*, meat extracts*, or monosodium glutamate*(MSG).	

Beverages	Any made with allowed foods and ingredients: sugar, jelly, jam, honey, hard candies, cakes, cookies.	Limited caffeinated beverages to no more than 2 servings per day: Coffee and tea: 1 cup = 1 serving Carbonated beverages and hot cocoa or chocolate milk: 12oz = 1 serving. Limit alcoholic beverages to one serving: 4oz Riesling wine, 1.5oz vodka or scotch per day = 1 serving per day (May need to omit if on MAOI).	Alcoholic beverages: Chianti, sherry, burgundy, vermouth, ale, beer, and non-alcoholic fermented beverages. All others not specified in caution column.
Desserts & Sweets	Any made with allowed foods and ingredients: sugar, jelly, jam, honey, hard candies, cakes, cookies.	Chocolate based products: ice cream (1 cup), pudding (1 cup), cookies (1 average size), cakes (3" cube), and chocolate candies (½oz). (All count as one serving of caffeinated beverage).	Mincemeat pie.
Ingredients Listed on Food Labels	Any not listed in the restricted section.		MSG* (in large amounts), nitrates and nitrites (found mainly in processed meats), yeast, yeast extracts, brewers yeast, hydrolysed or autolysed yeast, meat extracts, meat tenderisers (papain, bromelin) seasoned salt (containing MSG), soy sauce, teriyaki sauce.
Fats, Oils, and Miscellaneous	All cooking oils and fats White vinegar. Commercial salad dressing with allowed ingredients All spices not listed in restricted ingredients.	Wine, apple, or other fermented vinegars*.	

### Caffeine Content of Selected Beverages

- Carbonated beverages 12oz=30-50mg (Regular and sugar-free)
- Coffee 6oz=103mg
- Decaffeinated coffee 6oz=2mg
- Tea 6oz=31-36mg (Instant and 3-minute brew)

### General Guidelines

- Each day eat three meals with a snack at night or six small meals spread throughout the day.
- Avoid eating high sugar foods on an empty stomach, when excessively hungry, or in place of a meal.
- All food, especially high protein foods, should be prepared and eaten fresh. Be cautious of leftovers held for more than one or two days at refrigerator temperature. Freeze leftovers that you want to store for more than 2 or 3 days.
- Cigarette and cigar smoke contain a multitude of chemicals that will trigger or aggravate your headache. If you smoke, make quitting a high priority. Enter a smoking cessation programme.
- The foods listed in the "CAUTION" column have smaller amounts of Tyramine or other vasoactive compounds. Foods with an \* may contain small amounts of Tyramine. Other foods in the "USE WITH CAUTION" column do not contain Tyramine but are potential headache "triggers". If you are taking an MAO inhibitor (Monoamine Oxidase Inhibitor) you should test the use of restricted foods in limited amounts.
- Each person may have different sensitivities to certain level of Tyramine or other vasoactive compounds in foods. If you are not on an MAO inhibitor, you should test the use of restricted foods in limited amounts.
- Adapted from the Columbus Hospital & Diamond Headache Clinic Low Tyramine Headache Diet.