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Tyramine Restricted Diet

The effect of the MAO inhibitor also depends upon the time interval between meals and drug ingestion. Enzyme inhibition appears to be cumulative, but recovery usually occurs within 18 hours. MAO enzyme is synthesized slowly. Due to slow enzyme synthesis it is advisable to continue the diet for 3-4 weeks after cessation of the drug allow enzyme recovery. Tyramine content of foods varies greatly because of differences in processing, incidental contamination, fermentation, ripening or degradation of the products sampled. Foods normally low in tyramine may become a risk if consumed in unusually large quantities or if spoilage has occurred. It is best to use fresh meats and fruits that are not over ripened. Foods that must be avoided on MAO diet are those foods with sufficient tyramine content to create a dangerous rise in blood pressure even when consumed in small or usual sized servings.

Food Groups

Food Group	Foods Allowed	Foods with Insufficient Evidence for Restriction	Foods to Use with Caution	Foods to Avoid
Meat & Meat Substitute	Fresh meat, accept those not allowed	Fresh fish	Peanuts, soy products	Pickled or smoked herring, salted dried cod, caviar, aged meats: salami, bacon, bologna, aged sausage, summer sausage, pepperoni, liverwurst, mortadella, corned beef, chicken & beef liver, pate, aged game
Egg	All			None
Dairy	Milk, pasteurized yogurt, buttermilk, ice cream	Ricotta, cottage, cream and processed cheese, sour cream, soy milk	Yogurt and cream from unpasteurized milk	Aged cheese: Stilton blue, cheddar, mozzarella, camembert, emmenthaler, Swiss, gruyere, natural brick, bleu, Roquefort, boursault, parmesan, Romano, provolone
Fat	All except those not allowed			Salad dressings with cheese
Potato & Potato Substitute	All			None
Vegetable	All except those not allowed	Mushrooms, cucumber, sweet corn, tomato, tomato juice, Chinese pea pods, mixed Chinese vegetables, eggplant, beets, green bean pods	Legumes	Sauerkraut, broad beans, fava beans
Fruit & Fruit Juices	All except those not allowed	Raisins, canned figs, fresh pineapple, red plums, peaches, pears, oranges	Avocado, banana, raspberries	Banana peel, over ripe banana, avocado or other over ripe fruit

Bread	All except those not allowed	Yeast bread	Products made with large amounts of yeast (homemade yeast breads)	
Cereal	All except those not allowed			None
Dessert & Sweets		English biscuits, chocolate and products made with chocolate such as cakes, cookies and ice cream		
Beverage	Milk, water, all except those not allowed	Caffeinated sodas, coffee, tea (limit to 2 caffeine servings/day)	Red wine, white wine, port wines, distilled sprits	Chianti, vermouth, beer, ale
Herbals				Viscum album (European mistletoe), Ginseng
Miscellaneous	All except those not allowed	Worcestershire sauce, salad dressings, curry powder, junket		Marmite yeast extract, yeast extracts, brewer's yeast, meat extracts, bouillon, soy sauce, miso, shrimp paste, fermented bean curd

Sample Menu Plan

Suggested Meal Plan	Sample Menu	Your Menu
Breakfast Fruit or Juice Cereal Bread Margarine/Jelly Milk Beverage	1/2 cup Grapefruit Juice 3/4 cup Corn Flakes 1 slice Toast Margarine/Apple Jelly 1 cup Low Fat Milk Coffee	
Noon Meal Soup or Juice Meat/High Protein Food Bread Vegetable(s) Fruit/Dessert Milk	1 cup Chicken Soup 3 oz Sliced Turkey 2 slices Bread Lettuce/Tomato/Carrot Sticks 3 oz Vanilla Ice Cream 1 cup Low Fat Milk	
Evening Meal Meat/High Protein Food Starch Vegetable(s) Bread Margarine Fruit/Dessert Milk Beverage	3 oz Roast Beef 1/2 cup Boiled Potatoes 1/2 cup Steamed Broccoli Tossed Salad with Ranch Dressing Hot Roll 1 tsp Margarine 1/2 cup Sliced Peaches 1 cup Low Fat Milk Iced Tea	