

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 fermented, store for long periods of time or are not fresh.

FOOD GROUP	ALLOWED	USE WITH CAUTION	AVOID
Meat, Fish, Poultry, Eggs	*Freshly purchased/prepared meats, fish, poultry *Eggs *Tuna, fish, tuna salad (with allowed ingredients)	*Bacon, sausage, hot dogs, corned beef, bologna, ham, lunch meat with nitrates/nitrites added	*Pepperoni and salami
Dairy	*Milk: whole, 2% or skim *Cheese: American, cottage, farmer, ricotta, cream cheese, velveeta, low fat-processed	*Yogurt and sour cream (1/2 cup/day) *Parmesan or Romano (2 tsp or minor ingredient)	*Aged cheese: blue, brick, brie, cheddar, swiss, roquefort, stilton, mozzarella, provolone, emmentaler, etc.
Bread, Cereal, Pasta	*Commercially prepared yeast *Products leavened with baking powder: biscuits, pancakes, coffee cake, etc. *All cooked and dry cereals *All pasta: spaghetti, rotini, ravioli (w/ allowed ingredients), macaroni and egg noodles	*sourdough breads	*Any with a restricted ingredient
Fruits	*Apples, applesauce, cherries, apricots, peaches, any not on restricted list	*Limit intake to ½ cup per day from each group: citrus (orange, grapefruit, tangerines, pineapple, lemon and lime), avocados, bananas	
Vegetables	*Asparagus, string beans, beets, carrots, spinach, pumpkin, tomatoes, squash, zucchini, broccoli, potatoes, cooked onion, Chinese pea pods, navy beans, soy beans and any not on restricted list		*pickles and olives *fermented soy products like miso, soy or teriyaki sauce
Nuts and Seeds			*All nuts: peanuts, peanut butter, pumpkin seeds, sesame seeds, walnuts, pecans, etc.
Soups	*Soups from allowed ingredients, homemade broths	*canned soup with autolyzed or hydrolyzed yeast, meat extracts or monosodium glutamate (MSG)	
Beverages	*Decaffeinated coffee, fruit juices, club soda, caffeine-free carbonated beverages	*Caffeinated beverages *Coffee, tea chocolate milk	*Aspartame
Desserts and Sweets	*Any made with allowed foods and ingredients: sugar, jelly, jam, honey, hard candy, cakes, cookies	*Chocolate based products: Ice cream (1 cup), pudding (1 cup), cookies (1 average size), cakes (3" cube) and chocolate candies (1/2 oz). All count as one serving of caffeinated beverage	
Ingredients Listed on Food labels	*Any not listed in the restricted sections		*MSG (in large amounts), nitrates/nitrites (found mainly in processed meat), yeast, yeast extracts, brewer's yeast, hydrolyzed or autolyzed yeast, meat extracts, meat tenderizer (papain, bromelin), seasoned salt (containing MSG), soy/teriyaki sauce
Fats, Oils and Miscellaneous	*All cooking oils and fats *White vinegar *Commercial salad dressing w/ allowed ingredients *All spices not listed in restricted ingredients		

Caffeine Content of Selected Beverages

Carbonated beverages 12 oz=30-50mg (regular & sugar free) Coffee 6oz=103mg Decaffe Coffee 6oz=2mg Tea 6oz=31-36mg