Tyramine Containing Foods

Tyramine is a naturally occuring amino acid found in the body and certain foods. Certain medications, such as monoamine oxidase inhibitors (MAOIs), require that the consumption of foods high in tyramine be avoided, as they can lead to dangerous increases in blood pressure. Foods high in tyramine may include aged cheeses, pepperoni, pickled foods, and wine.



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Aged Cheeses
Old-man Cheese
Aged cheeses such as cheddar, blue, gorgonzola, brie, or camembert contain high amounts of tyramine.

Pepperoni
Pepperoni
Aged, fermented, smoked, air dried, or pickled meats contain high amounts of tyramine. This includes items such as pepperoni, sausage, bologna, and salami.

Pickled Foods
Pickle
Pickled foods such as sauerkraut or various meats and vegetables that have been pickled contain high amounts of tyramine.

Wine
Wine
Red and white wine typically have high levels of tyramine. Drink only 4 ounces or less per day if on a low tyramine diet. Some beers also contain high amounts of tyramine. In particular dark beer on tap. It has been suggested that bottled and canned beer contain less tyramine and this may be due to packaging and pasteurization. Educate patients extensively for potential interactions.

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