

Tyramine Containing Foods

Tyramine is a naturally occurring 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.



PLAY PICMONIC

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 include 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.