

# Tyramine

Tyramine is an amino acid that occurs in many foods. Whilst the body should metabolise tyramine, some systems struggle and this can lead to health conditions including migraines, burning mouth & tongue, high blood pressure and panic attacks.

The following foods contain tyramine:

Fruit	Vegetables	Meat	Fish	Nuts	Dairy	Drink
Avocados	Broad beans	Bacon	Caviar	Peanuts	Blue cheese	Beer
Bananas	Eggplant	Corned beef	Herring		Camembert	Liqueurs
Coconuts		Ham	Smoked fish		Cheddar	Sherry
Figs		Pepperoni			Feta	Wine
Olives		Pork			Gorgonzola	
Pineapples		Salami			Gouda	
Plums (red)		Sausage			Mozzarella	
Raspberries		Pepperoni			Sour cream	
					Stilton	
					Swiss	
					Mozzarella	
					Yoghurt	

Miscellaneous produce:

Caffeine  
 Chocolate  
 Tempeh  
 Tofu  
 Marmite/vegemite and any other 'yeast' products  
 Soy sauce  
 Sauerkraut  
 Teriyaki Sauce

Tyramine amounts can vary among foods due to different processing, storage and preparation methods.

NB: If you're taking an MAOI anti-depressant you should avoid/limit your intake of tyramine to avoid unwanted and potentially harmful side effects.

Examples of MAOIs include: Isocarboxazid (Marplan) Phenzelzine (Nardil) Selegiline (Emsam, Eldepryl, Zelapar) and Tranylcypromine (Parnate)