

## Guidance for patients undertaking particular treatments: patient information sheets

### Low Tyramine Diet

The following foods all contain tyramine, but at different concentrations. Most patients can tolerate a certain amount of tyramine per day, but if they eat in excess of this then they will develop symptoms. The foods are therefore divided into three groups, high, medium and low, and you may find, for example, that you are able to tolerate one or two items from group 2 but if, in addition, you have an item from group 1 then this precipitates a headache.

After a period of months your tolerance level should increase, but this can only be ascertained by trying a higher tyramine containing food and seeing whether it causes symptoms.

#### 1. High:

All cheese except Gouda and Cottage Cheese	Chocolate
Marmite and other yeast extracts	Beef
Beer, stout, ale, port	Liver
Wine (especially red)	Hung game
Pickled herrings	

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#### 2. Medium:

Spinach	Fermented (hard) sausage or Salami
Oranges	Pepperoni
Prunes	Broad beans
Raisins	Egg plants
Walnuts	Figs
Canned meats	Avocados
Mango	

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#### 3. Low

Soy Sauce	Bananas
Cottage cheese	Tomatoes
Gouda cheese	Plums
Eggs	Pork

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#### **4. Very Low**

Potatoes

Milk, cream

Yoghurt

Chicken

Foods not mentioned above are free of tyramine.