

## ***Introduction***

The following guidelines will help you avoid food-drug reactions related to MAO Inhibitors.

While taking MAO Inhibitor medication it is important to limit tyramine in your diet. Tyramine is a breakdown product of protein amino acids.

Tyramine is a circulation stimulant. If foods high in tyramine are eaten, adverse effects may occur such as:

- ◆ Headache
- ◆ Facial flushing
- ◆ Nausea
- ◆ Sweating
- ◆ Elevated blood pressure

Call your health care provider if you experience these symptoms.

The diet should be followed for one week before and after use of the medication.

## ***MAO Inhibitors Dietary Guidelines***

Avoid eating leftover foods that are high in protein. As food ages, this increases the chances that protein will break down to form tyramine. To avoid tyramine in your diet, it is important to assure freshness of all foods.

## ***- Soups, Gravies, and Sauces -***

### ***Foods Allowed:***

- Soups, gravies, and sauces made from allowed ingredients
- Dried soups and bouillon cubes
- Gravy and sauces containing protein extracts are allowed in moderation (i.e., one serving a day of one only)

### ***Foods Excluded:***

- Greater than one serving a day of any soups, dried soups, gravies or sauces, and those made with ingredients not allowed.
- Miso soup

## ***- Meat, Fish, Poultry -***

### ***Foods Allowed:***

- All “fresh” meat, poultry, and fish, not listed to avoid
- Ham, bacon

### ***Foods Excluded:***

- Beef or chicken liver
- Fermented sausage (bologna, salami, pepperoni, summer sausage, frankfurters)
- Smoked or pickled fish (herring)
- Canned meats
- Tofu
- Caviar

## ***- Cheese and Dairy -***

**(Avoid if too close to the expiration date.)**

### ***Foods Allowed:***

- Pasteurized milk, cottage cheese, cream cheese, ricotta cheese
- 1/2 cup yogurt per day
- American cheese up to 1 oz. (3 times a week)
- Ice cream

### ***Foods Excluded:***

- All other products including aged cheeses

## ***- Fruits -***

### ***Foods Allowed:***

- All fresh, canned, frozen, and dried fruits not listed to avoid.

### ***Foods Excluded:***

- Canned and dried figs, avocado, raisins, banana, and any overripe fruit

## - Vegetables -

### *Foods Allowed:*

- All fresh, canned, or frozen vegetables and legumes except those listed to avoid

### *Foods Excluded:*

- Fava or broad bean pods (Italian beans)
- Sauerkraut
- Fermented soy beans (tempeh)
- Tofu and miso
- New Zealand Spinach

## - Beverages -

### *Foods Allowed:*

- All beverages except those listed to avoid.
- Up to 1 cup a day of caffeine containing beverages (coffee, tea, cola, Mountain Dew, hot chocolate)

### *Foods Excluded:*

- Beer (especially on tap), alcohol-free beer, red wine, sherry, liqueurs and hard liquor.

## - Miscellaneous -

### *Foods Excluded:*

- Yeast used as a vitamin supplement (Brewer's yeast)
- Meat or yeast extracts containing hydrolyzed protein
- Soy sauce and teryaki

### *Foods to use with caution:*

Monitoring for adverse reactions is recommended during therapy.

- chocolate (1 serving/day)
- game meat
- sour cream
- peanuts

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Nutrition Services  
One Medical Center Drive  
Lebanon, NH 03756-0001  
(603) 650-5903  
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