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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 their intake is in excess of this then symptoms develop. The foods are therefore divided into three groups: high, medium and low, according to their tyramine content. Generally speaking, avoid those in group 1 (high) completely, and limit your intake of those in group 2 to no more than one or two servings of one item a day.

After a period of some months your tolerance level should increase. After this time try taking higher tyramine foods to see if they still cause symptoms.

1. HIGH LEVELS:

All Cheese except Gouda and Cottage Cheese

Marmite and other Yeast Extracts

Beer, Stout, Ale, Wine (especially red)

Chocolate

Liver

Pickled Fish

Beef

Hung Game

2. MEDIUM LEVELS:

Spinach

Prunes

Walnuts

Fermented sausages - e.g, salami

Broad Beans

Figs

Oranges

Raisins

Canned Meats

Pepperoni

Aubergines

Avocados

3. LOW LEVELS:

Cottage and Gouda Cheese

Eggs

Bananas

Pork

Soy Sauce

Plums

Tomatoes

4. VERY LOW

Potatoes

Milk Products

Chicken