



Foods containing Tyramine

Relative Amount of Tyramine	Food
High Amounts of Tyramine May not consume	Smoked, aged or pickled meat or fish Sauerkraut Aged Cheeses such as Swiss and Cheddar Yeast extracts Fava beans
Moderate Amounts of Tyramine May consume in moderation	Beer Avacados Meat extracts Red wines such as Chianti
Low Amounts of Tyramine May consume	Caffeine-containing beverages Distilled spirits Chocolate Soy sauce Cottage and cream cheeses Yogurt and sour cream

Adapted from Shulman KI, et al. Dietary restriction, tyramine, and the use of monoamine oxidase inhibitors. J Clin Psychopharmacol. 1989; 9: 397

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