

Vaso-active Amines

Foods Containing Tyramines and Other Vaso-active Ingredients

I have developed the following list of foods to avoid and those to consume with caution by trial and error experimentation and personal research. Everyone may not have the same degree of reaction to those listed, but I firmly believe that everyone will be somewhat affected.

There are other sources for finding foods that contain tyramines. In the 1950's, a class of drugs was invented to treat depression and Parkinson's disease. These monoamine oxidase inhibitors (MAOI) interact with tyramine and can cause a rapid and potentially life-threatening rise in blood pressure. Given the gravity of this interaction, it is crucial that patients taking MAOI avoid foods and drinks that contain tyramines. Therefore, many lists of foods containing tyramines have been published and are easily found on the internet.

Foods to Avoid: Could Cause a Strong Reaction

Dairy

- Ripened & aged cheeses
 - Blue-veined such as Roquefort, Stilton, Gorgonzola, Oregon blue, Maytag blue and French Bleus
 - Aged Cheddar, Swiss, Edam and Gouda

Fruits

- Yellow cherries (Rainier & Queen Anne)
- Citrus (particularly orange juice)
- Watermelon
- Bananas (especially the white inside of the peel)
- Plums (red)
- Pineapple

Vegetables

- Squash family (Zucchini)
- Acorn
- Broad Beans
- Tomatoes
- White Corn (Silver Queen)

Fermented Foods

- Sauerkraut
- Pickled Herring

Protein

- Aged beef
- Aged game
- Dried salted fish
- Sausage, pepperoni, salami, bologna & similar meats

Beverages

- Red wine (especially Chianti)
- Aged wines (especially Port)
- Coffee
- Soft Drinks (especially caffeinated varieties, such as Red Bull and colas)
- Tea (green and black)

Soups

- All soups should be avoided as they may contain protein extracts.
- Miso soup is made from fermented soy bean curd and should be avoided.

Miscellaneous

- Reduction sauces
- Soy sauce & teriyaki sauce
- Soy-based foods (especially tofu & other fermented soy products)
- Seaweed products
- Worcestershire sauce
- Shrimp paste

Diet Supplements

- Ginseng
- St. John's Wort
- Monosodium Glutamate (MSG)
- Protein extracts & protein dietary supplements

Medications

- Cold or sinus medications that contain decongestants or anti-histamines
- Asthma drugs (esp. inhalers)
- Allergy and hay fever drugs
- Serotonin

Foods to Consume with Caution: Could Cause a Moderate Reaction

Dairy

- Yogurt
- Unripened cheese
- Cottage
- Cream cheese
- Sour cream

Fruits

- Red cherries (Bing)
- Mango
- Red & purple grapes

Vegetables

- Avocados
- Yellow corn (Golden Bantam)
- Peas

Fermented Foods

- Pickles

Protein

- Sausage
- Fish & meats that are not fresh

Beverages

- Beer
- Lemonade
- Cocoa

Miscellaneous

- Chocolate (especially dark)
- Canned broth & stock (may contain protein extracts & MSG)
- Salad dressings that contain MSG or protein isolates or whey (most white colored manufactured dressings such as “ranch” contain MSG)