

TYRAMINE FOOD LIST

1

	<u>AVOID</u>	<u>CAUTION</u>	<u>SAFE</u>
MEAT and SEAFOOD	Aged beef Bacon Bologna Chicken liver Corned beef Ham Hot dogs Jerky Mortadella Pastrami Pepperoni Pickled fish Salami Sausage Smoked fish	Beyond Burger Canned seafood Liver Uncured bacon (pork belly)	Any fresh/unprocessed Beef Chicken Fish Pork Shellfish Turkey
CHEESE	All aged cheese Asiago Bleu Camembert Cheddar Gorgonzola Gouda Gruyere Jack Provolone Parmesan Romano Stilton Swiss	Feta Goat Mozzarella (firm) Mozzarella (shredded)	American cheese slices Cotija Cream cheese Mascarpone Mozzarella (soft) Paneer Ricotta Velveeta
OTHER DAIRY	Kefir	Buttermilk Eggs (soft, fried) Sour cream Yogurt	Cottage cheese Cow's milk and cream Eggs (boiled) Eggs (cooked thru) Goat's milk Ice cream (no chocolate)
VEGETABLES	Kimchi Pickles Sauerkraut Anything pickled Anything fermented	Avocado Olives Snow peas Tomato (canned) Tomato (sundried)	All other veggies Frozen veggies

TYRAMINE FOOD LIST

2

	<u>AVOID</u>	<u>CAUTION</u>	<u>SAFE</u>
FRUIT	Bananas Raspberries Very ripe fruit	Avocado Citrus fruits Coconut Dried fruits	All other fruits
NUTS/SEEDS		All nuts and seeds All nut/seed butters All nut/seed milks	
BEANS, LENTILS, and PULSES	Fava beans Miso Tempeh	Hummus (tahini)	All beans All lentils Chickpeas Plain tofu
GRAINS and BREADS	Fresh pizza dough Fresh sourdough bread Fresh-baked pretzels Fresh-baked yeast breads Croutons w/cheese	Store-bought sourdough	All grains All other breads Buckwheat Quinoa Store-bought yeast bread
SNACK FOODS	Chocolate Chocolate-containing foods		Chocolate-free cookies Corn chips Potato chips Store-bought pretzels White chocolate
CONDIMENTS and SAUCES	Coconut aminos Fish sauce Liquid aminos Marmite Shrimp paste Soy sauce Teriyaki sauce Vegemite Worcestershire	All vinegars Hot sauce Jellies and jams Ketchup Mayonnaise Mustard Salad dressings Salsa Tahini	Brown sugar Honey Maple syrup Molasses Sugar
FATS and OILS	Beef tallow	Coconut oil	Butter Ghee Olive oil All vegetable oils
HERBS/SPICES			All spices/herbs

TYRAMINE FOOD LIST

3

	<u>AVOID</u>	<u>CAUTION</u>	<u>SAFE</u>
ADDITIVES, PRESERVATIVES, and FLAVORINGS	Beef broth/stock Boullion Coconut aminos Liquid aminos Meat tenderizer MSG Nutritional yeast Seasoning packets Yeast extract	Chicken stock/broth Chili (non-homemade) Marinades Soup (non-homemade) Stew (non-homemade)	Plain vegetable stock
DRINKS and MILKS	Chocolate drinks	Almond milk Black tea Canned soda Citrus juices/drinks Coconut milk Coffee/decaf Soy milk	Fruit juice (non-citrus) Hemp milk Herb tea Oat milk Sparkling water (plain) Vegetable juice
ALCOHOL	Aged liquor Beer Cider Sherry Wine (all)	Gin Vodka Whiskey	
OTHER	2-day leftovers or more Slow-cooked foods	1-day leftovers Grilled or charred meat	