



NATIONAL HEADACHE FOUNDATION

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LOW TYRAMINE HEADACHE DIET*

Tyramine is produced in foods from the natural breakdown of the amino acid tyrosine. Tyramine is not added to foods. Tyramine levels increase in foods when they are aged, fermented, stored for long periods of time, or are not fresh

<u>FOOD GROUP</u>	<u>ALLOWED</u>	<u>USE WITH CAUTION</u>	<u>AVOID</u>
Meat, Fish, Poultry, Eggs	Freshly purchased and prepared meats, fish, and poultry	Bacon*, sausage*, hot dogs*, corned beef*, bologna*, ham*, any luncheon meats with nitrates or nitrites added.	Aged, dried, fermented, salted, smoked, or pickled products. Pepperoni, salami, and liverwurst.
	Eggs		
Dairy	Tuna fish, tuna salad (with allowed ingredients)	Meats with tenderizer added, caviar	Non-fresh meat or liver, pickled herring
	Milk: whole, 2% or skim	Yogurt, buttermilk, sour cream: 1/2 cup per day	
Breads, Cereals, Pasta	Cheese: American, cottage, farmer, ricotta, cream cheese, Velveeta, low-fat processed	Parmesan* or Romano* as a garnish (2 tsp.) or minor ingredient	Aged cheese: blue, brick, brie, cheddar, Swiss, roquefort, stilton, mozzarella, provolone, emmentaler, etc.
	Commercially prepared yeast	Homemade yeast leavened breads and coffee cakes	Any with a restricted ingredient
	Products leavened with baking powder: biscuits, pancakes, coffee cakes, etc.	Sourdough breads	
Vegetables	All cooked and dry cereals		
	All pasta: spaghetti, rotini, ravioli, (w/allowed ingredients), macaroni, and egg noodles	Raw onion	Snow peas, fava or broad beans, sauerkraut, pickles and olives
Fruits	Asparagus, strong beans, beets, carrots, spinach, pumpkin, tomatoes, squash, zucchini, broccoli, potatoes, onions cooked in food, Chinese pea pods, navy beans, soy beans, any not on restricted list		Fermented soy products like miso, soy sauce, and teriyaki sauce
	Apple, applesauce, cherries, apricots, peaches, any not on restricted list	Limit intake to 1/2 cup per day from each group: Citrus: orange, grapefruit, tangerine, pineapple, lemon and lime	
Nuts and Seeds		Avocados, bananas, figs*, raisins*, dried fruit*, papaya, passion fruit, and red plums	
			All nuts: peanuts, peanut butter, pumpkin seeds, sesame seeds, walnuts, pecans,

FOOD GROUP**ALLOWED****USE WITH CAUTION****AVOID**

Soups	Soups made from allowed ingredients, homemade broths	Canned soups with autolyzed or hydrolyzed yeast*, meat extracts*, or monosodium glutamate* (MSG)	
Beverages	Decaffeinated coffee, fruit juices, club soda, caffeine-free carbonated beverages	Limit caffeinated beverages to no more than 2 servings per day: Coffee and tea: 1 cup = 1 serving carbonated beverages and hot cocoa or chocolate milk: 12oz = 1 serving Limit alcoholic beverages to one serving: 4oz Riesling wine, 1.5oz vodka or scotch per day = 1 serving per day (May need to omit if on MAOI)	Alcoholic beverages: Chianti, sherry, burgundy, vermouth, ale, beer, and non-alcoholic fermented beverages. All others not specified in caution column
Desserts & Sweets	Any made with allowed foods and ingredients: sugar, jelly, jam, honey, hard candies, cakes, cookies	Chocolate based products: ice cream (1 cup), pudding (1 cup), cookies (1 average size), cakes (3" cube), and chocolate candies (1/2 oz). (All count as one serving of caffeinated beverage)	Mincemeat pie
Ingredients Listed on Food Labels	Any not listed in the restricted section		MSG* (in large amounts), nitrates and nitrites (found mainly in processed meats), yeast, yeast extracts, brewers yeast, hydrolyzed or autolyzed yeast, meat extracts, meat tenderizers (papain, bromelin), seasoned salt (containing MSG) soy sauce, teriyaki sauce
Fats, Oils, and Miscellaneous	All cooking oils and fats White vinegar Commercial salad dressing with allowed ingredients All spices not listed in restricted ingredients	Wine, apple, or other fermented vinegars*	

CAFFEINE CONTENT OF SELECTED BEVERAGESCarbonated beverages 12oz=30-50mg
(Regular and sugar-free)

Coffee 6oz=103mg

Decaffeinated coffee 6oz=2mg

Tea 6oz=31-36mg
(Instant and 3-minute brew)**GENERAL GUIDELINES**

- ★ Each day eat three meals with a snack at night or six small meals spread throughout the day.
- ★ Avoid eating high sugar foods on an empty stomach, when excessively hungry, or in place of a meal.
- ★ All food, especially high protein foods, should be prepared and eaten fresh. Be cautious of leftovers held for more than one or two days at refrigerator temperature. Freeze leftovers that you want to store for more than 2 or 3 days.
- ★ Cigarette and cigar smoke contain a multitude of chemicals that will trigger or aggravate your headache. If you smoke, make quitting a high priority. Enter a smoking cessation program.

- ★ The foods listed in the "CAUTION" column have smaller amounts of tyramine or other vasoactive compounds. Foods with an * may contain small amounts of tyramine. Other foods in the "USE WITH CAUTION" column do not contain tyramine but are potential headache "triggers". If you are taking an MAO inhibitor (Monoamine Oxidase Inhibitor) you should test the use of restricted foods in limited amounts.
- ★ Each person may have different sensitivities to a certain level of tyramine or other vasoactive compounds in foods. If you are not on a MAO inhibitor, you should test the use of restricted foods in limited amounts.
- ★ Adapted from the Columbus Hospital & Diamond Headache Clinic Low Tyramine Headache Diet. .