



LOW TYRAMINE HEADACHE DIET *

NATIONAL HEADACHE FOUNDATION
820 N. Orleans, Suite 217, Chicago, IL 60610
Toll Free (888) NHF-5552

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.

FOOD GROUP	ALLOWED	USED WITH CAUTION	AVOID
Meat, Fish, Poultry, Eggs	Freshly purchased and prepared meats, fish and poultry Eggs Tuna fish, tuna salad (with allowed ingredients)	Bacon*, sausage*, hot dogs*, corned beef*, bologna*, ham*, any luncheon meats with nitrates or nitrates added Meats with tenderizer added, caviar	Aged, dried, fermented, salted, smoked or pickled products. Pepperoni, salami and liverwurst. Non-fresh meat or liver, pickled herring
Dairy	Milk: whole 2% or skim Cheese: American, cottage, farmer, ricotta, cream cheese, Velveeta, low-fat processed	Yogurt, buttermilk, sour cream: ½ cup per day Parmesan* or Romano* as a garnish (2tsp.) or minor ingredient	Aged cheese: blue, brick, brie, cheddar, Swiss, Roquefort, stilton, mozzarella, provolone, emmentaler, etc.
Vegetables	Asparagus, string 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	Raw Onion	Snow peas, fava or broad beans, sauerkraut, pickles and olives
Nuts and Seeds			All nuts: peanuts, peanut butter, pumpkin seeds, sesame seeds, walnuts, pecans
Soups	Soups made from allowed ingredients, homemade broths	Canned soups with autolyzed or hydrolyzed yeast*, meat extracts*, or monosodium glutamate* (MSG)	