



TYRAMINE-FREE FOOD LIST

UPDATED 1/2020

This list was compiled from approximately 20 tyramine lists found on the internet. While similar, no two lists were identical. In fact, most lists conflicted. For example, mozzarella cheese appears in the safe column on most lists, but also appears in the caution column on some lists. This variation is caused by the same food having different amounts of tyramine in it when tested by the list-maker.

When items appeared in two columns, the item was placed in the more restrictive column. For example, canned shellfish appears in the caution column in most lists, but appears in the avoid

column in a few lists. For safety, canned shellfish appears in the avoid column on this list.

Because the same food may have different amounts of tyramine in it from batch to batch, lot to lot, preparation to preparation, there will not be a fool-proof list.

In classifying a few items, such as beets and spinach, they typically appeared in the safe column however they were placed in either caution or the avoid column due to scientific finding generated by the Laboratory for Familial Dysautonomia Research at Fordham University.

Food Group	Safe Eat as desired.	Caution Eat one/day or rarely.	Avoid Never eat.
	Contains very little or no tyramine.	Conflicting reports.	Contains a lot of tyramine.
Meat, fish, poultry, eggs and other protein sources	<p>all fresh or frozen meat, fish, poultry</p> <p>beef, lamb, pork, veal, chicken, Cornish hen, turkey, duck, capon, goose</p> <p>fresh shellfish (clams, lobster, crabs, oysters, scallops, shrimp, squid)</p> <p>all eggs</p> <p>Eat the day bought or freeze</p>	<p>canned or fresh tuna</p> <p>fresh mackerel</p> <p>fresh or canned bonito</p> <p>fresh or canned anchovies</p> <p>canned shellfish (clams, lobster, crabs, oysters, scallops, shrimp, squid)</p> <p>canned pilchards</p> <p>Eat the day opened</p>	<p>aged, dried, fermented, salted, smoked or pickled</p> <p>processed meats and fish: luncheon meats with nitrates or nitrites, bacon, pepperoni, salami, liverwurst, liver, sausage, bologna, cured ham, hot dogs, corned beef, lox, anchovies, roe, herring, caviar, sardines</p> <p>poultry skin</p> <p>meats prepared with tenderizer</p> <p>game meat</p> <p>shrimp paste</p> <p>quiche</p> <p>protein dietary supplements w/yeast extracts</p>

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Dairy	<p>milk: skim, 2%, whole, dried, sweetened condensed, evaporated, eggnog, vanilla milkshake</p> <p>unfermented cheese: cottage cheese, cream cheese, cream, ricotta, American, Velveeta, Cheese Wiz, pasteurized low-fat processed</p>	<p>farmers, Havarti, Boursin</p> <p>fresh yogurt, buttermilk, sour cream (4 oz)</p> <p>part-skim mozzarella (30 g)</p>	<p>aged cheese spreads, all aged or hard cheese: (blue, feta, brick, brie, cheddar, colby, boursalt, Gouda, gruyere, swiss, roquefort, stilton, provolone, emmentaler, parmesan, muenster, romano, camembert</p> <p>non-pasteurized</p>
Bread, Cereal, Pasta	<p>commercial breads: white, wheat, rye, French, Italian, English muffin, melba toast, crackers, rye crisp, bagel, roll</p> <p>products leavened with baking powder: biscuits, pancakes, coffee cakes</p> <p>hot and cold cereal: cream of wheat, oatmeal, corn flakes, puffed wheat, rice, all bran</p> <p>all pasta: spaghetti, rotini, macaroni and egg noodles</p> <p>rice, stuffing</p>	<p>commercially prepared yeast, plain yeast, leavened products made with baker's yeast</p>	<p>aged, dried, fermented, salted, all yeast extracts, including brewer's and yeast paste (marmite)</p> <p>homemade yeast leavened breads and coffee cakes</p> <p>sourdough bread</p> <p>cheese bread</p>

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Vegetables	fresh or frozen: corn, carrots, pumpkin, squash, zucchini, potatoes, cooked onions in food, soy beans	raw onion tomatoes Chinese pea pods string beans	snow peas, fava or broad or lima beans, sauerkraut, pickles and olives, avocado, tofu, eggplant, broccoli, beets, spinach, asparagus navy beans
Fruits	fresh, frozen or jarred: apple applesauce, blonde cherries, apricots, peaches	orange, grapefruit, tangerine, pineapple, lemon, lime (1/2 cup)	fermented or overripe fruit, figs, raisins, banana peel, red plum, prune, red cherries, fruit cake, cranberries, raspberries, preserves
Fats	margarine, butter, mayonnaise, salad dressings w/o aged cheese, vegetable oils	peanut butter nuts	dressing with aged cheese, gravies and sauces with meat extracts (marmite)
Soup/Sauces	homemade		miso soup cubes or packets canned or dry with autolyzed or hydrolyzed yeast, meat extracts, MSG soups, gravies and stews prepared in large production or commercial use soy sauce, teriyaki sauce
Dessert	sherbet, ice cream, gelatin, sugar, jelly, jam, honey, molasses, candy, cakes, pastries, cookies, pies, custard, pudding, marshmallow fluff	chocolate chocolate syrup	mincemeat pie cheesecake cheese-filled imported chocolate
Beverages	juice, milk, Tang, Koolaide, lemonade, soy milk	carbonated drinks, regular coffee, tea (8oz)	wine, beer acidophilus milk
Miscellaneous	natural potato chips, popcorn, syrup, white and brown sugar, jelly, salt, pepper, spices, mustard, vanilla, herbs, white vinegar, flavorings		nutmeg ginseng cream of tartar tumeric



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Ingredients Listed on Food Labels			<p>MSG</p> <p>nitrates and nitrites</p> <p>yeast extracts, hydrolyzed or autolyzed yeast, meat extracts</p> <p>meat tenderizers (papain, bromelin)</p> <p>Any foods listed in this column!</p> <p>Check for long expiration date</p>
Leftovers	<p>OK if 1-2 days old.</p> <p>Freeze for future.</p>		<p>Discard after 48 hours</p>

