



TYRAMINE-FREE FOOD LIST

UPDATED 8/2023

This list is compiled from 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 appears in the caution column on some lists. 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.

Key to list:

Safe = contains very little or no tyramine

Caution = conflicting reports

Avoid = contains a lot of tyramine

Food Group	Safe Eat as desired.	Caution Eat one/day or rarely.	Avoid Never eat.
Meat, fish, poultry, eggs and other protein sources <i>Note: buy fresh frozen protein that was frozen immediately after sourced</i>	beef, lamb, pork, veal, chicken, Cornish hen, turkey, duck, capon, goose clams, lobster, crabs, oysters, scallops, shrimp, squid all eggs	canned or fresh tuna fresh mackerel fresh or canned bonito fresh or canned anchovies canned shellfish (clams, lobster, crabs, oysters, scallops, shrimp, squid) canned pilchards Eat the day opened	aged, dried, fermented, salted, smoked or pickled 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 poultry skin meats prepared with tenderizer game meat shrimp paste quiche protein dietary supplements w/yeast extracts



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<p>Dairy</p> <p><i>Note: buy dairy with a distant "use by" date</i></p>	<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>
<p>Bread, Cereal, Pasta</p>	<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, chickpeas
Fruits <i>Note: avoid overripe</i>	fresh, frozen or jarred: apple applesauce, blonde cherries, apricots, peaches, pears	orange, grapefruit, tangerine, pineapple, lemon, lime (1/2 cup), watermelon	figs, raisins, banana peel, red plum, prune, red cherries, fruit cake, cranberries, raspberries, preserves, blueberries
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 with safe ingredients		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, teriyaki and fish sauce
Dessert	sherbet, ice cream, gelatin, sugar, jelly, jam, honey, molasses, hard candies, cakes, pastries, cookies, pies, custard, pudding, marshmallow fluff	chocolate chocolate syrup	mincemeat pie cheesecake cheese-filled dark chocolate
Beverages	juice, milk, soy milk	carbonated drinks, regular coffee, tea, lemonade, Kool-Aid, Tang	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, curcumin



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Ingredients Listed on Food Labels			<p>MSG</p> <p>nitrites 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	OK if 1-2 days old. Freeze for future.		Discard after 48 hours

