

# Tyramine Diet for Headache Prevention

FOOD ITEM	FOODS ALLOWED	FOODS TO AVOID
Beverages Chocolate, cocoa, alcoholic beverages	Decaffeinated coffee, fruit juice, club soda, noncola soda (7-UP, gingerale); limit caffeine sources to two cups per day (coffee, tea, cola)	Chocolate, cocoa, alcoholic beverages
Meat, Fish, Poultry	Fresh or frozen: turkey, pork chicken, fish, beef, lamb, veal Egg as meat substitute (limit three eggs per week) Tuna or tuna salad	Aged, canned, cured or processed meat, including ham or game; pickled herring, salted dried fish; chicken livers; bologna, fermented sausage, any food prepared with meat tenderizer, soy sauce or brewer's yeast; any food containing nitrates, nitrites or tyramine
Dairy Products	Milk: homogenized, 2%, skim Cheese: American, cottage, farmer, ricotta, cream, Velveeta Yogurt (limit ½ cup per day)	Cultured dairy products (buttermilk, sour cream); chocolate milk; cheese: bleu, Boursin, brick, Brie types, Camembert types, cheddar, Gouda, Stilton, Swiss (emmentaler), Roquefort, mozzarella, Parmesan, provolone, romano
Bread, Cereal	Commercial bread, English muffins, melba toast, crackers, RyKrisp, bagel All hot and dry cereals	Hot fresh homemade yeast bread, bread or crackers containing cheese; fresh yeast coffee cake, doughnuts, sourdough bread; any product containing chocolate or nuts
Potato or Substitute	White potato, sweet potato, rice, macaroni, spaghetti, noodles	None
Vegetable	Any except those to avoid	Beans such as pole, broad, lima, Italian, fava, navy, pinto, garbanzo, snow peas, pea pods, sauerkraut, onions (except for flavorings), olives, pickles
Fruit	Any except those to avoid; limit citrus fruits to ½ cup per day; limit banana to ½ per day	Avocados, figs, raisins, papaya, passion fruit, red plums
Soup	Cream soups made from foods allowed in diet, homemade broths	Canned soup, soup or bouillon cubes, soup base with autolytic yeast or MSG (READ LABELS)
Dessert	Fruit allowed in diet, any cake, pudding, cookies or ice cream without chocolate or nuts, no yeast items, JELL-O	Chocolate ice cream, pudding, cookies, cakes or pies; mincemeat pie
Sweets	Sugar, jelly, jam, honey, hard candy	Chocolate candy or syrup, carob
Miscellaneous	Salt in moderation, lemon juice, butter or margarine, cooking oil, whipped cream, white vinegar and commercial salad dressings in small amounts	Pizza, cheese sauce, MSG in excessive amounts, yeast, yeast extract, meat tenderizer, Accent, seasoned salt; mixed dishes (macaroni and cheese, beef stroganoff, cheese blintzes, lasagna, frozen TV dinners) Nuts (peanuts, peanut butter); seeds (pumpkin, sesame, sunflower); READ LABELS on snack items; any pickled, preserved or marinated food

**CONTACT HEALTH & WELLNESS IF YOU HAVE ANY ADDITIONAL QUESTIONS OR CONCERNS.**



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