

Is it Tyramine?

Do you get:

- *Migraine headaches?*
- *High blood pressure?*
- *Rapid heart rate?*
- *Nausea?*
- *Sweating?*
- *Chest pain?*
- *Shortness of breath?*

Tyramine is a type of compound called a **monoamine**. The body relies on an enzyme known as monoamine oxidase to break tyramine down. Some people don't have enough monoamine oxidase to process tyramine, resulting in **high tyramine levels**. Some medications also interfere with monoamine oxidase production, making tyramine consumption dangerous.

If you are sensitive to tyramine, don't make enough monoamine oxidase, or take a medication that blocks monoamine oxidase production, **excess tyramine can cause serious side effects**.

Foods With Tyramine

Many foods are high in tyramine, so it can be challenging to avoid it entirely. If you are especially sensitive to tyramine, you will need to be aware of these foods so you can eliminate them from your diet.



Aged Cheeses

Types of cheese that undergo an aging process will be high in tyramine.

These cheeses include cheddar, blue, swiss, parmesan, feta, and Camembert. A study found that aged cheese contains a compound known as spermidine which can help prevent liver damage.



Cured or Processed Meats

The longer a food takes to process, the higher the tyramine levels. This relationship between aging and tyramine goes for meats as well as cheese.

Cured, smoked, or processed meats include dried sausages like pepperoni and salami, hot dogs, bologna, bacon, and smoked fish.



Pickled or Fermented Vegetables

Sauerkraut, kimchi, pickled beets, pickled cucumbers, and pickled peppers have high tyramine levels. Also, fermented soy products like **tofu, miso soup, and soy sauce** contain tyramine.



Citrus and Tropical Fruits

Citrus fruits like **orange, grapefruit, lemon, lime, and tangerine** contain high levels of tyramine. Tropical fruits have higher tyramine levels when ripened. **Ripe bananas, pineapple, and avocado** should be avoided if you are particularly sensitive to tyramine.