MAOI Diet

MAOI Diet for people taking Tranylcypromine (Parnate™)

This information is important to help keep you safe while taking this medication.

Mono amine oxidase inhibitors (MAOIs) are antidepressants which can interact with ingredients in other medicines and in food. While you are taking these medications, and for two weeks after stopping, you must be careful not to eat certain foods or take certain medicines. Always let your Doctor and Dentist know you are taking a MAOI and check with a Pharmacist before taking any over the counter medicines, especially cold remedies, hay fever pills, diet pills and herbal supplements.

If you consume too much food containing tyramine or some medications as noted above, it can cause your blood pressure to rise suddenly. If this happens to you, you may notice:

- A Headache
- A stiff neck
- Nausea
- A rapid heartbeat

If you have these symptoms after eating any foods or taking any medicines, it is important to seek medical help.

Eat a mixed diet with lots of different food. Try not to ‘binge’ i.e. eat a big amount of one food at one time.

Do not eat anything that is starting to go ‘off’ or ‘bad’. Do not eat anything which is past its ‘use by’ date.

<table>
<thead>
<tr>
<th>Foods to avoid</th>
<th>Foods to choose instead</th>
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<tbody>
<tr>
<td>All aged or matured protein foods</td>
<td>Cream cheese, cottage cheese, fresh ricotta.</td>
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<tr>
<td>Hard cheese, even edam or mild cheddar. Yakult yoghurt</td>
<td>Fresh pasteurised milk, fresh sour cream (in small amounts), yoghurt, custard or ice-cream. Fresh buffalo mozzarella can be eaten in small amounts (less than half a cup per serve).</td>
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<tr>
<td>Meat and fish which are not fresh, smoked meats or fish.</td>
<td>Fresh, frozen or canned meat and fish.</td>
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<tr>
<td>Do not eat leftovers or meat which has been stored longer than 24 hours including wild game.</td>
<td>Make sure kidneys, liver and offal meats are fresh.</td>
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<tr>
<td>Salami, pepperoni, cured or dried meats.</td>
<td>Fresh ham, non-cured bacon, fresh deli meats and freshly made sausages.</td>
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<tr>
<td>Fermented foods including soy products (Miso and soy sauce) sauerkraut, kimchi, kombucha and tempeh. Fish, tamari and teriyaki sauce, kefir and shrimp paste.</td>
<td>Kikkoman brand of soy sauce is ok</td>
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<tr>
<td>Tofu</td>
<td>Soy milk, cheese and yoghurt</td>
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<tr>
<td>Tap beer, craft beer and home-brewed beer which are unpasteurised</td>
<td>Other alcohol, including wine and spirits (up to 2 standard drinks per day only)</td>
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<tr>
<td>Yeast extracts such as marmite, vegemite and Bovril. Sourdough bread, breads with aged cheeses.</td>
<td>All spreads other than Marmite, Vegemite, Bovril. Other store brought bread</td>
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</tbody>
</table>

All these foods contain high levels of tyramine, a by-product of food as it ages. The older the food, the higher the tyramine content.

Broad beans, snow peas, soy beans, edamame beans, kimchee, sauerkraut and banana peel contain substances like tyramine, should **not** be eaten. Avoid over-ripened fruits.

**Other food information**

Avocados (less than 250g guacamole or only one large fruit) can be eaten in moderation.

Protein powders may contain yeast extracts and therefore should be avoided.

Chocolate may lead to a headache but does not contain tyramine and will not cause your blood pressure to rise. It is safe to eat chocolate.

While taking MAOIs it is even more important than usual to eat food which is as fresh as possible and to handle food safely.

Store all protein food (meat, fish, dairy) in a fridge.

**Contact information**

Hillmorton Hospital Pharmacy,
Annex Road,
Christchurch

Telephone: 339 1169

For more information about:

- hospital and specialist services, go to [www.cdhb.health.nz](http://www.cdhb.health.nz)
- your health and medication, go to [www.healthinfo.org.nz](http://www.healthinfo.org.nz)

**Notes**

*Remember, leaflets like this can only describe some of the effects of medication. You may also find other books or leaflets useful. If you have access to the internet, you may find a lot of information there as well, but be careful as internet-based information is not always accurate.*