

Contact us

DieteticTeam
Callington Rd Hospital
Brislington
Bristol
BS4 5BJ
Tel: 0117 919 5772

For information about Trust services visit
www.awp.nhs.uk

PALS

To make a comment, raise a concern or make a complaint, please contact the Trust's Patient Advice and Liaison Service (PALS).

Tel: 01249 468261
Freephone: 0800 073 1778
Email: awp.pals@nhs.net

Lead: Head of Nutrition & Dietetics
Leaflet code: AWP-288
Approved: Aug 2013
Last review Feb 2017
Review due: Feb 2020

NHS

Avon and Wiltshire Mental
Health Partnership
NHS Trust

Dietary advice when taking MAOIs



How to prevent a reaction between
MAOIs and some foods



This leaflet can be made available in another language or in other formats, such as large print, audio or easy read. Contact 01249 468261

What are MAOIs?

MAOIs (Monoamine oxidase inhibitors) are a group of medicines used to treat some depression and anxiety disorders. They include: phenelzine, isocarboxazid, tranylcypromine and moclobemide (a specific class of MAOI).

MAOIs interact with tyramine which is in certain foods. Therefore you need to make sure you don't have too much tyramine in your diet. (With moclobemide, you don't have to restrict tyramine intake as much as with other MAOIs. But it is still recommended that you avoid eating large amounts of food containing tyramine).

What can happen if I eat tyramine?

The interaction between your MAOI and tyramine can cause a sudden increase in blood pressure causing:

- pounding of the heart
- severe headache or dizziness
- chest tightness
- reduced pulse rate
- painful or stiff neck
- flushed face
- feeling sick or being sick
- tingling hands and feet

These symptoms can occur within 30 minutes of eating tyramine. If you have any of these or you feel unwell, get **medical advice immediately**. If you need further advice, speak with your pharmacist.

How to reduce tyramine in your diet

The amount of tyramine in food can vary and people taking MAOIs can often tolerate varying amounts.

Listed below are foods to avoid, to eat in moderation and those you can eat. Please talk to your dietitian or the catering team about gravies and sauces in hospital. **Moderation list - limit to one a day.**

Allowed	Moderation	Avoid
All fresh fruits and vegetables. all starchy carbohydrates.	Check before taking any supplements.	Spoiled/ over ripe/ fermented vegetables, broad bean pods and banana skins
eggs pasteurised milk butter and spreads cream, sour cream ice cream, yoghurt cheese slices cottage and cream cheese Bonbel mascarpone, ricotta soya milk, yoghurts, desserts.	mozzarella (30g max)cheese parmesan (30g max) cheese	unpasteurised milk ready made dishes with cheese mature cheese, blue cheese, cheddar, Brie, camembert, gouda, feta, goats cheese and sour cream Textured Vegetable Protein (e.g. textured soy protein. soy meat, or soya chunks)
fresh, frozen, tinned meat and poultry (including pate and offal) fresh, frozen and tinned fish fresh meat and vegetable stock.	Pepperoni (30g) Pastrami (30g) Minced meat (100g) Quorn, tofu (100g) Pickled herring (150g)	all aged/fermented meats: salami, chorizo, Mortadella, black pudding. game or hung birds, pheasant, grouse smoked or fermented or pickled fish
chocolate brewer's yeast baker's yeast Bisto baking yeast, gravy browning soup powder, Bouillon and Monosodium glutamate (MSG) Shop bought breads All wholegrains and plain crackers		soy sauce, and soy bean condiments concentrated yeast extracts: yeast tablets, Marmite and Vegemite Oxo, Bovril, gravy granules, stock cubes, fish or shrimp sauce, sauces and dressings made with aged cheese, instant soup based powders Fresh homemade yeast bread Protein supplements as may contain yeast
Limited amount of wine, spirits bottled/canned cider	non-alcoholic beer and lager (330ml)	All beer and lager