

Dietary Guidelines for MAOIs	
Foods to Avoid Completely	<ul style="list-style-type: none"> • Highly aged, artisanal cheese • Homemade or artisanal sourdough bread • Any fermented soy bean products (most often found in Asian foods)¹ • Raw meat or fish that has not been refrigerated properly or is past the “use by” date • Aged beef (usually only found at high-end restaurants) • Homemade beer or wine • Any highly aged or fermented product until tyramine content can be verified
Acceptable in Small Portions (smaller than a typical serving size)	<ul style="list-style-type: none"> • Specialty soy sauce • Dried, aged sausage (usually from Europe) • Sauerkraut • Low-volume/micro-brewed beer made using natural yeast/spontaneous fermentation—limit to 1 drink consumed with food (avoid on an empty stomach)
Acceptable in Normal Portions (typical serving size—but could be problematic if consumed in excess)	<ul style="list-style-type: none"> • All other types of cheese (except those listed above and below) • Fermented yeast products (Marmite and Vegemite) • Kimchi • Commercial soy sauce (grocery store brands) • Worcestershire sauce • Fish sauce • Sourdough bread (commercial production) • Fresh beef or fish—if properly refrigerated and eaten by the “use by” date • Bananas (except the peel) and avocados—but avoid if they have gone bad or are past the “use by” date • Chocolate • Caffeine-containing beverages (coffee, tea)² • Wine from a commercial producer, red or white (serving size 2 glasses) • Beer from a commercial producer (pasteurized) (serving size 2 pints)
No Restrictions (no significant tyramine content)	<ul style="list-style-type: none"> • Milk, yogurt, cream • Non-matured, soft cheese (eg, ricotta, mozzarella, cottage cheese, cream cheese) • Dry, cured meats (eg, prosciutto, parma ham) • Smoked or pickled fish (if properly stored) • Fresh chicken, duck, pork, and sausage (if properly stored) • Stock cubes, powder, or bullion for making soup • Non-fermented soy bean products

¹ This only applies to *fermented* soy bean products—see https://en.wikipedia.org/wiki/List_of_fermented_soy_products

² Does not contain tyramine, but sensitivity to caffeine can increase when taking MAOIs, so moderation is recommended

Table created using information from https://psychotropical.info/wp-content/uploads/2018/02/3_MAOI_Diet_Abbreviated_2016_3.1-1.pdf