

MAO Inhibitors and Tyramine

Christopher Theberge, RD

Monoamine oxidase inhibitors (MAOIs) are a class of antidepressant drugs that are known to have significant dietary and drug interactions. A hypertensive crisis can occur if foods containing tyramine or tryptophan are consumed.

Below is a guideline to follow when choosing foods:

STRICT AVOIDANCE	ALLOWED IN MODERATION
<ul style="list-style-type: none"> • All tap beers and ales • Chianti and Vermouth • Aged cheeses • Overripe avocado, eggplant, figs, grapes, oranges, prunes, plums, raisins • Sauerkraut • Vegemite • Shrimp paste • Smoked or pickled fish (ie, herring) • Summer (dry) sausage • Old liver and meats • Processed, cured, or pickled meats • Soy sauce, tofu, miso, teriyaki sauce in high amounts • Fava or broad bean pods (Italian Green Beans) • Yeast vitamin supplements (ie, Brewer's Yeast) 	<ul style="list-style-type: none"> • Domestic bottled beers • Red and white wines (no more than 8 ounces) • Cottage and cream cheese • Pizza • Avocado and fruits not overripe • Fresh liver and meats • Ripe fresh banana • Sour cream • Yogurt

The following is a list of drugs known to have a MAO inhibitor effect:

Generic Name	Brand Name
Isocarboxazid	Marplan
Moclobemide	Aurorix, Manerix, Moclodura®
Phenelzine	Nardil
Tranlycypromine	Parnate, Jatrosom
Nialamide	Niamide
Selegiline	Selegiline, Eldepryl
Iproniazid	Marsilid, Iprozid, Ipronid, Rivivol
Pargyline	Eutonyl
Procarbazine	Matulene
Furazolidone	Furoxone