



# Tyramine Intolerance

can cause brain fog,  
migraines, GI Issues &  
vomiting

**What is it?**

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**Tyramine is an amino acid found in lots of foods**

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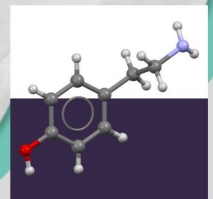
**Most people digest it fine and it helps regulate blood pressure & heart rate**

**If you can't digest tyramine, it builds up, increasing stress hormones & dysregulating your heart and blood pressure**

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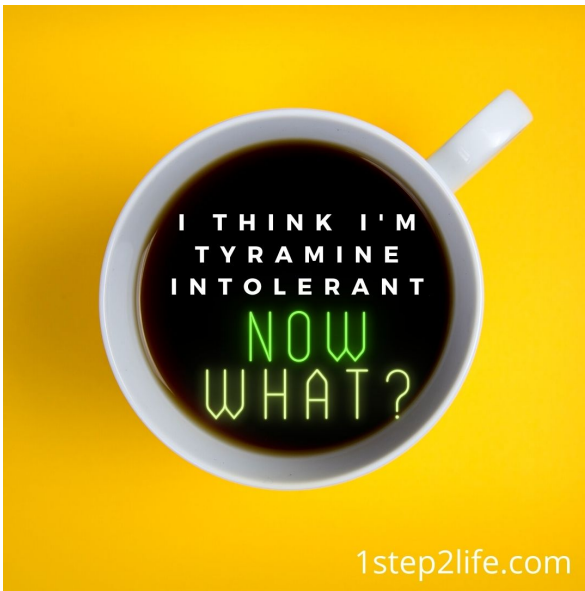


**High tyramine also dysregulates dopamine & serotonin**  
**These imbalances can cause brain fog, heart problems, gastroparesis, & migraines**



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IF YOU CAN'T DIGEST  
TYRAMINE, IT

INCREASES STRESS  
HORMONES

&

UNBALANCES TWO  
IMPORTANT  
NEUROTRANSMITTERS:  
DOPAMINE  
&  
SEROTONIN



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**What can I do?** 



**FOLLOW A STRICT  
LOW TYRAMINE  
DIET.**

**FOLLOW THE LINK  
IN OUR BIO OR  
GOOGLE 'LOW  
TYRAMINE  
HEADACHE DIET'**



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**What can I do?** 



**HANDLE FOOD SO  
IT IS**

**FRESH  
FRESH  
FRESH**



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**Buy meat & fish  
FROZEN**

-


**Cook  
IMMEDIATELY  
after thawing**

-

**Freeze  
leftovers**




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**Remember** 

**Tyramine increases as  
food ages**

**Cooking does not lower  
tyramine**

**Foods low in tyramine  
today will be higher  
tomorrow**



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**TYRAMINE  
SENSITIVE?**

**LET'S GO  
SHOPPING!**



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**EAT  
FRESH**

**Buy meat frozen  
Thaw quickly  
Cook quickly  
Freeze leftovers**



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**Fruits & veg are  
your friends!**

**EXCEPT:**  
Broad beans (soy, snow  
peas, favas, limas)  
Overripe bananas



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**Skip Cheese & Deli**

Need a cheese hit?  
American cheese, cream  
cheese, queso blanco,  
paneer, FRESH mozzarella



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**Snack Foods**

**YES!** **NO!**

**CHIPS &  
PRETZELS** **CHEESE &  
VINEGAR  
FLAVORS**



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## Hidden Ingredients Look for:

Smoked, artificial smoke, nitrates, nitrites, MSG:  
hides in ham, bacon, hot dogs, fresh sausage, dried sausage, barbecue sauce, ketchup, baked beans, kippers

INGREDIENTS:  
Certified Organic Grade A  
Reduced Fat Milk,  
Refined Fish Oil,  
Vitamin A Palmitate,



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## Hidden Ingredients Look for:

Soy, Soy sauce, TVP, miso, boullion:  
hides in tuna, sauces, ramen, instant noodles, soups, hot dogs, canned chilis and stews

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Vitamin A Palmitate,



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## Hidden Ingredients Look for:

Undistilled vinegar (white vinegar is ok):  
hides in salad dressing, pickles & olives, kimchee, sauerkraut, coleslaw, kombucha

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