

Category	Examples
Food high in tyramine	Strong or aged cheeses Cured meats Smoked or processed meats Pickled or fermented food, like sauerkraut and kimchee Soybeans, fava beans, snow peas, tofu Tap beer Yeast spread, brewer's yeast Meat tenderizers, soy sauce, teriyaki sauce, miso, shrimp, and fish sauce Dried or overripe fruits
Drugs	All other antidepressants Meperidine Sympathomimetic agent Guanethidine Other serotonergic agents: tramadol, Zofran, carbamazepine, methadone, migraine medications, such as sumatriptan Some antipsychotics, such as ziprasidone St. John's Wort Dextromethorphan and other decongestants Drugs of abuse: MDMA, cocaine, methamphetamine Certain types of alcohol (talk to the health-care provider_

Table 4.5 Food and Drugs to Avoid with MAOIs