

Tyramine Content of Some Foods

DrJesseSantiano.com

Food Item	Tyramine Content (mg/kg)
Cheese	
Cheddar cheese	350
Edam	310
Feta Cheese	152-246
Gouda	20-670
Roquefort	27.0-1100.0
Brie	ND- 260
Camembert	37
Emmental	42
Milk and dairy products (except cheese)	
Buttermilk	2.2
Cow's milk	ND
Cream	1.7
Sour Cream	1.4
Yogurt	1.3
Meat	
Ox liver	100
Ham, Cooked	6.0-108
Ham, dry cured	4.0-171
Chicken Liver	100
Pork, fresh meat	ND-56
Salami	77
Fish and Fish Products	
Fermented fish sauce	276-357
Mackerel, salt dried	398; 413
Herring, Dutch cured	ND-3000.00
Shrimp, salt dried	704
Seer fish, salt dried	154
Mackerel	27
Mackerel, in brine	ND
Sardine	16
Sardine, in oil	ND

Sardine, salt dried	178
Shrimp	12.6
Tuna	0.06
Tuna, in oil	0.72
Cod	2
Herring	ND
Mackerel	27.4
Seer fish	10.7
Salmon	ND

Alcoholic Beverages

Pilsner lager beer	1.4
Alcohol-free beer	1.2
Port wine	0.51
Full beer (Vollbier [Germany])	1.8-12.0
Red wine	ND-20.0
White wine	ND-3.0

Fruits and fruit products

Grape	691
Watermelon	460
Raspberry juice, freshly squeezed	66.66
Avocado	23
Orange	10
Banana	7
Currant juice	3.26 (mg/ml)
Currant	ND
Hazelnut	1.8-12.0
Orange Juice	0.21 (mg/ml)
Orange juice, freshly squeezed	0.1 - 0.49 (mg/ml)
Peach	ND
Pear	ND
Plum	ND-6.0

Vegetables and vegetable Products

Beetroot	160
Cabbage	670
Kohlrabi	930
Carrot	0.001
Carrot juice	0.002
Cauliflower	400
Chinese Cabbage	1.26
Cucumber	250

Endive	1.6
Fermented Cabbage (sauerkraut, drained)	20
French Fried Potatoes, baked	1.77
Green Pea, frozen	8.7
Iceberg lettuce	0.94
Miso	24.6-349
Olive	ND
Paprika	266
Potato	840
Radish	200
Soy Sauce	16.1-1699
Soy Bean	9.05
Soy Bean, fermented	27.8-416.1
Spinach	3.78
Sufu (fermented tofu)	ND-1125
Tomato	4
Tomato ketchup	33.6
Tomato puree	7.23
Turnip	ND
Zucchini	0.06

Miscellaneous

Chocolate	3.11
Coffee, ground	1.26-16.14
Coffee, brewed	0.25-1.89 (mg/ml)

ND - non detected