<table>
<thead>
<tr>
<th>Type of food or beverage</th>
<th>AVOID these tyramine-rich foods and beverages</th>
<th>CHOOSE a food that contains little or no tyramine</th>
</tr>
</thead>
</table>
| Meat, poultry, and fish  | • Air-dried, aged, and fermented meats, sausages, and salami (including caciatorre, hard salami, and mortadella)  
• Pickled herring  
• Any spoiled or improperly stored meat, poultry, and fish (eg, foods that have undergone changes in coloration or odor or become moldy)  
• Spoiled or improperly stored animal livers | • Fresh meat, poultry, and fish  
• Fresh processed meats (eg, lunch meats, hot dogs, breakfast sausage, and cooked sliced ham) |
| Vegetables/Misc.         | • Broad bean pods (fava bean pods)  
• Sauerkraut  
• Most soybean products (including soy sauce and tofu) | • All other vegetables  
• Soy milk  
• Commercial chain-restaurant pizzas prepared with cheeses low in tyramine |
| Dairy                    | • Aged cheeses, such as cheddar, English Stilton, Swiss, and blue cheese | Processed cheese (eg, American cheese slices, Velveeta®, and Cheez Whiz®)  
• Cream cheese  
• Mozzarella  
• Ricotta cheese  
• Cottage cheese  
• Yogurt |
| Beverages                | • All varieties of tap beer and beer that has not been pasteurized so as to allow for ongoing fermentation | Bottled and canned beer |


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