



- When you are taking **MARPLAN**, you must avoid foods and beverages that are high in tyramine content.

For complete safety information, see Full Prescribing Information on the **MARPLAN** website ([www.marplan.com](http://www.marplan.com)) and also available from your doctor or pharmacist.



### Foods you **CANNOT** eat:

### Foods you **CAN** eat:

#### Meat, Poultry & Fish

- Air dried, aged and fermented meats, sausages and salamis
- Pickled herring
- Any spoiled or improperly stored meat, poultry and fish. These are foods that have a change in color, odor or become moldy
- Spoiled or improperly stored animal livers

- Fresh meat, poultry and fish, including fresh processed meats (such as lunch meats, hot dogs, breakfast sausage and cooked sliced ham)

#### Dairy (milk products)

- Aged cheese

- Processed cheese, mozzarella, ricotta cheese, cottage cheese and yogurt

#### Vegetables

- Broad bean pods (fava bean pods)

- All other vegetables

#### Beverages

- Because they contain tyramine, all varieties of tap beer and beer that has not been pasteurized (to prevent ongoing fermentation)\*
- Red wines\*

- Up to one cup a day of caffeine-containing beverages (coffee, tea, cola, hot chocolate)
- Other beverages containing little to no caffeine or tyramine

\* As with other antidepressants avoid using alcohol with Marplan

#### Other

- Concentrated yeast extract (such as Marmite)
- Sauerkraut
- Most soybean products (including soy sauce and tofu)
- Over-the-counter supplements containing tyramine

- Brewer's yeast, baker's yeast
- Soy milk
- Pizza from commercial chain restaurants prepared with cheese low in tyramine