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Nutrition Notes – June 2008

By Donna Wolf R.D. CLT

Chemicals & Additives in Your Food?

Prelude to Food Chemicals Tyramine and Phenylethylamine

Do you tend to get headaches, feel fatigued, or experience hyperactivity? Dietary tyramine and phenylethylamine intake has been associated with migraine in select populations, leading many sufferers to restrict foods high in these compounds.

Tyramine and phenylethylamine are compounds known as a natural occurring pressor amines found in many foods. They can cause blood vessels to dilate, and this may be what starts the migraine chain-reaction in some people. Reactions to these compounds are usually dose dependent. Under normal circumstances, the body has powerful mechanisms capable of neutralizing their effects, unless there is an overload or the body is sensitive. If you're taking a monoamine oxidase inhibitor (MAOI), then tyramine should be eliminated from the diet because it can pose a significant health risk and/or drug interactions.

Foods with these compounds are generally preserved, aged, fermented or spoiled. For this reason, you should be very wary of leftovers that have been in the refrigerator for more than 24-48 hours; instead, freeze the foods until you are ready to eat them. The more "aged" foods become, the higher the levels of tyramine and phenylethylamine will be.

Foods containing considerable amounts of tyramine include meats that are potentially spoiled or pickled, aged, smoked, fermented, or marinated (some fish, poultry, and beef), most pork (except cured ham), chocolate, alcoholic beverages, and fermented foods, such as most cheeses (except ricotta, cottage cheese, cream cheese), sour cream, yogurt, shrimp paste, soy sauce, tamari sauce, soy bean condiments, teriyaki sauce, tofu, tempeh, miso soup, sauerkraut, broad (fava) beans, green bean pods, Italian flat (Romano) beans, Chinese (snow) pea pods, avocados, bananas, eggplants, figs, red plums, raspberries, peanuts, Brazil nuts, coconuts, processed meat, and yeast. Tyramine and phenylethylamine must be limited with the medications tranylcypromine (Parnate®) and Nardil®.

Foods containing phenylethylamine include chocolate, wines, and aged cheeses.

Yeast mix is also believed to be a contributor to migraine headaches and can be suspect to candida concerns specifically in fermented beverages, beer, brewers yeast, vitamin supplements (unless labeled 'yeast free') and other yeast containing foods and/or food products. These additional food products are baked foods, hydrolyzed yeast protein, enriched hot and cold cereals, hotdogs, fortified milk, mushrooms, truffles, all kinds of cheeses, vinegars, catsup, dried fruits, bouillon cubes, soups, and leavening.

Instead of aged and pickled food products, use **fresh** foods. And if this is too confusing, give us a CALL!

For this summers outdoor grilling, marinate your protein with this great tyramine-free recipe. Make sure not to leave any leftovers!

Grilled Meat Marinade Recipe

Ingredients:

Grilled steak, fish, chicken, pork
Fresh grilled vegetables such as zucchini, bell peppers, etc.

Savory Asian Marinade

Ingredients:

1/2 cup water
2 T lemon juice
2 T white grape or apple juice or 2 tsp. honey
1/8 teaspoon powdered ginger
1/8 teaspoon cayenne pepper or black pepper
1/2 teaspoon dark sesame oil

Directions:

Combine all. Makes 3/4 cup, or enough for 1/2 pound of meat, chicken, tofu or vegetables.

Options: Substitute white wine for half of the water.

To marinate food, place marinade and food in a bowl, plastic container or Ziploc bag. Toss to coat pieces; marinate, covered for 30 minutes at room temperature or in refrigerator up to 24 hours. Drain food before cooking or if you want to use marinade for sauce, boil for 10 minutes before using.

For more information call Donna Wolf R.D. at Healthy Directions of Poway at 858-335-2140 and visit our website: www.healthydirectionspoway.com.