



NYUCancerInstitute

P A T I E N T I N F O R M A T I O N

The side effects listed below are those that occur most frequently. Other side effects may occur; please contact your doctor or oncology nurse to report any medical problems.

Dose _____

MONOAMINE OXIDASE INHIBITORS (MAOIs)

List of Monoamine Oxidase Inhibitors

Brand Name	Generic Name
Nardil [®]	Phenelzine
Parnate [®]	Tranlycypromine
Marplan [®]	Isocarboxazid
Matulane [®]	Procarbazine

- This medicine can cause high blood pressure, nausea, vomiting and headaches if you eat foods containing Tyramine. The table lists foods to avoid and foods that may cause distress while taking this medication.
- **Do not eat** foods on the **foods to avoid list**.
- Eat or drink only one **food that may cause distress** each day from all the choices listed.
- Eat perishable food (vegetables, fruits and meats) as fresh as possible. Do not keep them in your refrigerator longer than 2 days.
- Limit regular coffee, tea and cola or other soft drinks with caffeine to 2 servings per day while you are taking this medicine.
- Do not drink alcohol while you are taking this medicine.
- Continue this diet for 4 weeks after you stop taking this medicine.

Food Categories	Foods to Avoid	Foods that may Cause Distress	Taps
Breads, cereals, Rice and pasta	Sourdough bread Home bread Yeast-leavened bread Brewer's yeast	None	
Fruits	Overripe and spoiled fruits Banana peel	Limit to 1/2 cup Avocados Bananas Canned figs Raisins Raspberries Red plums	
Vegetables	Fava or broad bean pods, Including Italian beans and Chinese pea pods Sauerkraut		
Meats, Fish, Dry Beans and Peas	All aged, dried, fermented, salted, smoked and pickled meats and fish; All processed meats Fermented soybean products	Fish roe (caviar) and pate (1 ounce)	
Milk, Yogurt, and Cheese	All aged cheese: Cheddar Blue cheese Cheese spreads Cheese casseroles	Limit to 1/2 cup Buttermilk Yogurt Sour cream	You may eat as desired: Farmer Cottage Ricotta and Processed cheese slices
Sweets, Condiments and Beverages	Meat and yeast extracts in: Dry and canned soup Gravy Sauce and stew mixes Instant soup powders and bases Bouillon cubes Meat tenderizers Liquid & powdered dietary protein supplements Chianti and burgundy wines Sherry Vermouth Beer Ale		