



CORNERSTONE MEDICAL CLINIC

402 South 12th Avenue Yakima, Washington 98902

Phone (509) 248-3263

Foods That Can Provoke Headaches:

Foods That Contain Tyramine

Meats & Fish

Pepperoni
Hot dogs
Salami
Bologna
Pastrami
Sausage
Bacon
Canned ham
Dried &/or smoked fish
Salted & pickled herring

Cheeses

American, processed
Brie
Boursalt
Brick
Camembert
Cheddar
Gruyere
Mozzarella
Romano
Parmesan
Roquefort
Stilton Blue
Yogurt
Blue cheese
Cottage cheese
Cream cheese

Fruits, Vegetables, Juices

Avocado
Broad beans
Passion fruit
Plantain
Oranges & other citrus fruits
Bananas
Canned figs
Pineapple
Raisins
Fava beans

Monosodium Glutamate & Caffeine

Chocolate
Cocoa
Coffee
Cola
Tea
Soy sauce
Caviar
Chinese food
Canned soups
TV dinners
"Instant" foods
Potato chip products
Seasoned salts

Miscellaneous food

Meats treated with tenderizers
Food requiring bacterial action or mold inhibitors for preparation or preservation (does not include baked goods)
Nuts & nut products, such as peanut butter