

TYRAMINE-RESTRICTED DIET

(Sheet 1 of 2)

PURPOSE:

This diet is designed to promote optimum health through good nutrition. It is to be used for those individuals requiring no special dietary modification or restrictions.

DESCRIPTION:

Foods from all basic food groups are included with the addition of other foods to meet energy needs and provide essential nutrients. The diet is planned to promote the prevention of chronic diseases such as heart disease, cancer, and diabetes.

BASIC INFORMATION:

The Dietary Guidelines for Americans outline what people should eat to stay healthy. The guidelines include:

- Eat a variety of foods.
- Balance the foods you eat with physical activity—maintain or improve your weight.
- Choose a diet with plenty of grain products, vegetables, and fruits.
- Choose a diet low in fat, saturated fat, and cholesterol.
- Choose a diet moderate in sugars.
- Choose a diet moderate in salt and sodium.
- If you drink alcoholic beverages, do so in moderation.

The United States Department of Agriculture (USDA) Food Guide Pyramid is a diet plan to help individuals meet the dietary guidelines. Each of these food groups provides some, but not all, of the nutrients that people need. Foods in one group cannot replace those in another. For good health, all are needed.

The Food Guide Pyramid emphasizes foods from these food groups:

• **Bread, Cereal, Rice and Pasta (6 to 11 Servings Daily)**

All of these foods are from grains. Individuals need most servings of these foods each day. Examples of a serving are 1 slice of bread, 1 ounce ready-to-eat cereal, 1/2 cup of cooked cereal, rice, or pasta.

• **Vegetables (3 to 5 Servings daily) & Fruits (2 to 4 Servings Daily)**

All of these foods are from plants. Most people need to eat more of these foods for the vitamins, minerals, and fiber they supply. Examples of a serving are 1 orange, 1/2 cup juice, 1/2 medium cantaloupe, 1/2 cup vegetable or fruit. Good sources of vitamin A (beta carotene) are dark green or dark yellow vegetables. Good sources of vitamin C are citrus fruits, tomatoes, peppers, potatoes, and various greens.

• **Milk, Yogurt, Cheese (2 to 3 Servings Daily)**

All of these foods come from animals. These foods are important for protein and calcium. Examples of a serving are 1 cup of milk or yogurt, 1-1/2 ounces natural cheese, 2 ounces processed cheese.

• **Meat, Poultry, Fish, Dry Beans, Eggs, Nuts (2 to 3 Servings Daily)**

Most of these foods come from animals. These foods are important for protein, iron and zinc. Examples of a serving are 2 to 3 ounces of cooked lean meat, poultry, or fish; 1/2 cup of cooked dry beans or 1 egg count as 1 ounce lean meat; 2 tablespoons peanut butter or 1/3 cup of nuts count as 1 ounce of meat.

• **Fats, Oils, & Sweets (Use Sparingly)**

These foods provide calories and little else nutritionally. Most people should use these foods sparingly.

NUTRITIONAL ADEQUACY:

This diet is designed to provide adequate amounts of calories, protein, vitamins, minerals, and other nutrients to meet the nutritional needs of healthy adults.

TYRAMINE-RESTRICTED DIET

(Sheet 2 of 2)

NOLENSVILLE FAMILY MEDICINE

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SAMPLE MENU	
Suggested Meal Plan	Suggested Foods and Beverages
BREAKFAST Fruit Juice Cereal Meat/Meat Substitute Bread - Margarine Milk/Beverage	Orange Juice (1/2 c) Oatmeal (1 c) Soft Cooked Egg (1) Toast - Butter or Margarine* (1 slice) Milk*/Decaffeinated Coffee or Tea (1 c)
DINNER - NOON OR EVENING MEAL Meat/Meat Substitute Potato/Potato Substitute Vegetable and/or Salad Bread - Margarine Dessert Beverage	Broiled Beef Patty Mashed Potatoes Steamed Spinach Whole Wheat Bread with Margarine* Gelatin Cubes Decaffeinated Coffee or Tea
SUPPER - EVENING OR NOON MEAL Soup or Juice Meat/Meat Substitute Vegetable and/or Salad Bread - Margarine Dessert Milk/Beverage	Consommé Roast Chicken Peas, Creamy Coleslaw Biscuit with Margarine* Fresh Apple Milk*/Decaffeinated Coffee or Tea

*To reduce amount of fat in your diet, omit margarine or butter and use 1% or skim milk.

Nutrient Analysis

Calories	1700 Kcal	Riboflavin	1.9 mg
Protein	102 gm	Thiamin	1.3 mg
Carbohydrate	176 gm	Folate	337 mcg
Fat	68 gm	Calcium	952 mg
Cholesterol	443 mg	Phosphorus	1493 mg
Dietary Fiber	16 gm	Zinc	12 mg
Vitamin A	1371 IU	Iron	13 mg
Vitamin C	99 mg	Sodium	2373 mg
Niacin	25 mg	Potassium	3040 mg

Adapted from the Southwest Diet Manual (revised 1999)