

## Procarbazine Diet

### What is the Procarbazine Diet?

While taking the medicine procarbazine (Matulane), it is important to eat a diet low in tyramine. Tyramine is a protein found in some foods that breaks down during digestion. Procarbazine can prevent the breakdown of tyramine which can lead to high blood pressure, headaches, and flushing.

### Procarbazine Diet Guidelines

You should follow the low tyramine diet starting the same day you begin taking procarbazine. Continue this diet for one week after stopping procarbazine. During this time, follow these guidelines:

- Store fresh foods at the proper temperatures. Cook or freeze fresh foods within 24 hours of purchase.
- Do not eat cooked foods stored in the refrigerator for more than 48 hours.
- Do not eat foods at or beyond their expiration date.
- Limit coffee, cola, and other caffeinated drinks to a total of 16 ounces per day.
- Limit alcoholic beverages to 2 drinks per day (1 drink = 12 ounces beer, 6 ounces wine, or 1 ounce hard liquor)

### Which foods should I avoid?

The chart below lists foods that are safe to eat and those to avoid.

**SAFE:** Foods contain very little or no tyramine and you may eat them as desired.

**AVOID:** Foods that are high in tyramine that you should eat sparingly or not at all during the diet period.

For questions, call your treatment team at 801-587-7000.

FOOD GROUP	SAFE	AVOID
Cheese	Cottage cheese Cream cheese Ricotta Mozzarella American Brie Havarti Boursin	Any aged cheese or foods that contain these cheeses: Blue Cheddar Gruyere Swiss Real Parmesan (American versions, such as Kraft® are safe) Real Romano (American versions, such as Kraft® are safe)

Other Dairy	Milk (all kinds) Cream Butter Yogurt Sour Cream	Any outdated or non-pasteurized dairy products
Fruits/Vegetables	<u>Any</u> fresh, frozen, or canned fruit/vegetable	<u>Any</u> overripe or spoiled fruits/ vegetables Snow peas Sauerkraut or kimchi Fava beans Olives Dried fruit (raisins, prunes, etc) Fermented soybean products (fermented tofu, miso, tamari, natto, shoyu, tempeh, and soybean paste)
Meat	Beef Lamb Pork Veal Chicken Turkey Duck Fresh fish Canned shellfish Fresh lunch meats Tofu	Salami Dried, salted or smoked meats/fish Protein dietary supplements (powder version)
Other	Teriyaki sauce (limit to ¼ cup per day)	Soy sauce Yeast and meat extracts (which may be found in dry packed and canned soup mixes, instant soup powders and bases, bouillon cubes and meat tenderizers). Vegemite or marmite spread