

Isoniazid Side Effects when Taken with Tyramine-Containing Foods

Isoniazid (INH) is a medicine that is used to treat tuberculosis. You should be aware of and avoid certain foods that can cause you to have side effects while taking the medicine. Foods that contain tyramine can interact with INH, and in rare cases the reaction can be confused with an allergic response.

A tyramine reaction can include:

- Flushing
- Fast heartrate
- Chills
- Headache
- Nausea and vomiting
- Diarrhea
- Burning sensations
- Sweating
- Shortness of breath

You should eat these foods with caution and in small amounts. If a certain food is found to cause a problem, take the INH 1 hour before or 2 hours after eating the food, or avoid the food completely.

Some examples of food that contain tyramine include:

- Strong or aged cheeses such as aged cheddar, Parmesan, Swiss, blue cheese, Boursault, Brie, and Gruyere
- Other dairy-based products such as sour cream, yogurt, and buttermilk
- Cured or processed meats such as sausages, peperoni, salami, and summer sausage
- Any spoiled or improperly stored meat, poultry, fish or animal liver
- Overripe or spoiled fruits
- Dried fruit such as raisins, apricots, prunes, and figs
- Pickled or fermented foods, such as sauerkraut, kimchi, caviar, tofu, or pickles
- Most soybean products including soy sauce, miso soup, and tofu
- Snow peas, broad beans (Fava beans) and their pods
- Yeast extracts such as Marmite, brewer's yeast, or sourdough bread
- Ginseng
- Chocolate
- Caffeine (coffee, tea, cola, etc.)
- Beer (alcoholic and nonalcoholic), red wine (especially Chianti), sherry, vermouth, and other distilled spirits

While taking INH, you should try to only eat fresh foods and not leftovers or foods past their freshness dates.