

Diet Changes When Taking Isoniazid (INH)

Isoniazid (brand name Nydrazid) is an antibiotic drug. It is most commonly used to treat and prevent tuberculosis.

There are some diet changes that you need to make to take this medicine safely. These changes will help prevent side effects and make the medicine work well in your body.

When you take the medicine

- **Take this medicine on an empty stomach at least 1 hour before and 2 hours after eating.** Food in your stomach decreases the amount of isoniazid your body can absorb.
- **Do not drink alcohol** when taking this medicine.
- Ask your doctor or pharmacist about taking a supplement of vitamin B6 (pyridoxine) while you take this medicine. Also eat a variety of foods rich in vitamin B6, such as chicken, turkey, salmon, beef, lentils, pinto beans, bananas and cabbage.
- Take vitamin and mineral supplements separately from this medicine.
- Avoid foods that contain histamine, such as tuna, herring, mackerel, sardines, shellfish, anchovies, mushrooms, tomatoes, spinach, eggplant and vinegar. Also, avoid foods containing vinegar, such as salad dressings and pickles. With isoniazid, these foods can cause sweating, flushing, heart palpitations and low blood pressure. **Call your doctor if these symptoms occur.**
- Avoid foods that contain tyramine, such as many cheeses. With isoniazid, these foods can increase your blood pressure and heart beat, causing flushing and chills. **Call your doctor if these symptoms occur.** See the table on the next pages for a list of foods with tyramine.
- **Avoid garlic supplements.** These can reduce the absorption of isoniazid, decreasing its effectiveness.
- Diet changes should be continued for 2 weeks after stopping isoniazid.



Follow these instructions for eating foods with tyramine			
Food group	Safe Foods contain very little or no tyramine and may be eaten as desired.	Caution Eat these foods rarely. Select no more than one caution food each day.	Avoid Foods are high in tyramine and should not be eaten.
Milk and dairy products	Milk: <ul style="list-style-type: none"> Whole, 2%, fat free (skim), dried, sweetened condensed milk, evaporated milk, eggnog, milkshakes (vanilla) Cheese: <ul style="list-style-type: none"> Cottage, cream cheese, buttermilk, yogurt, cream, sour cream, ricotta, processed cheese (American, Velveeta) 	Cheese: <ul style="list-style-type: none"> Farmers, Havarti, Brie, Boursin 	<ul style="list-style-type: none"> Aged cheeses and spreads, including blue, cheddar, feta, Gouda, Gorgonzola, mozzarella, Parmesan, Muenster, provolone, Romano, Swiss, Camembert, Stilton <ul style="list-style-type: none"> Tyramine content increases as the cheese ages. Tyramine content is higher near the rind and closer to fermentation holes. Out of date or non-pasteurized dairy products Imitation cheeses, except cottage and ricotta
Meat, fish and poultry	All meat, fish and poultry are safe fresh or frozen: <ul style="list-style-type: none"> Beef, lamb, pork, veal, chicken, Cornish hen, turkey, duck, capon, goose, all fresh fish, tuna or canned shellfish (clams, lobster, crabs, oysters, scallops, shrimp, squid) Fresh fish Fresh meats (except game meats) 		<ul style="list-style-type: none"> All aged, dried, fermented, pickled meats and sausage Processed meats: <ul style="list-style-type: none"> Leftovers more than 48 hours old Dried, salted or smoked meats and fish Luncheon meats, bacon, sausage, liverwurst, pepperoni, salami, bologna, ham, hot dogs and corned beef Meats prepared with tenderizer

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Fruits and vegetables	<ul style="list-style-type: none"> All fresh, canned, frozen and dried fruits and vegetables are safe except those listed to avoid 	<ul style="list-style-type: none"> Raspberries or raspberry jam (2 ounces) 	<ul style="list-style-type: none"> Fermented, overripe, spoiled or moldy Avocado or guacamole (8 ounces) Broad bean pods (fava, Italian green beans) Pickles, olives Sauerkraut
Yeast extracts	<ul style="list-style-type: none"> Plain yeast (used for baking) 		<ul style="list-style-type: none"> All yeast extracts, including brewer's and Marmite food spread
Miscellaneous			<ul style="list-style-type: none"> Chocolate Ginseng (herbal) Meat extracts (used in soups, sauces, gravies) Miso Soybean products (soy sauce, bean curd) Teriyaki sauce Garlic supplements
Beverages			<ul style="list-style-type: none"> Colas, coffee, or teas containing caffeine (8 fluid ounces) Hot chocolate Non-alcoholic beer
Alcohol	<p>* We do not recommend drinking any alcohol, regardless of tyramine content. Please check with your doctor before drinking.</p>	<ul style="list-style-type: none"> Champagne, red or white wines (4 to 8 fluid ounces) Hard liquors: gin, vodka, scotch, whiskeys (2 fluid ounces) 	<ul style="list-style-type: none"> Chianti red wine Domestic, imported and all tap beers Liqueurs Mixed drinks Non-alcoholic beer Sherry Vermouth

Talk to your doctor or health care team if you have any questions about your care.