

# Dietary advice whilst receiving PCV chemotherapy

Tyramine is a compound found naturally in some foods, plants and animals. It can also be produced in foods and drinks as a result of fermentation, aging and spoilage. Eating food or taking drinks high in Tyramine may cause an unpleasant reaction (a throbbing headache, nausea, pounding heart, flushing, sweating) whilst taking Procarbazine (the P part of PCV chemotherapy) therefore you should avoid the certain foods for the 10 days whilst taking the Procarbazine and one week after you finish. It is also important to avoid alcohol during this time.

Food reactions with PCV are unusual but there are certain foods we would recommend that you avoid. Advice does vary regarding foods. If you want to try one, you could have a little at a time until you are sure it won't upset you.

Type of food	Food to avoid		Food allowed	
Dairy	Aged and mature cheese (mature cheddar, blue cheeses), cheese spread, anything containing mature cheeses		Fresh milk, buttermilk, yoghurt, cream, sour cream, cream cheese, cottage cheese, ricotta cheese, mozzarella cheese	
Bread and cereal	Any containing mature cheese		All except those in foods to avoid.	

<p><b>Meat fish and poultry</b></p>	<p>Dry fermented sausage (pepperoni, salami, pastrami), smoked or pickled fish, game meat, non fresh meat or left over foods containing meat or fish, protein dietary supplements</p>		<p>Fresh, canned or frozen meat and fish eaten immediately after opening, luncheon meats (except those in foods to avoid), eggs and pulses</p>	
<p><b>Fruit and veg</b></p>	<p>Overripe/spoiled/fermented fruit and veg (this includes bananas, avocados, red plums, grapes), fava beans, broad bean pods, sauerkraut, coleslaw</p>		<p>All except those in foods to avoid.</p>	
<p><b>Soup</b></p>	<p>Soups containing meat extract or cheese.</p>		<p>All except those in foods to avoid.</p>	
<p><b>Fats and oils</b></p>	<p>Gravy, sauces containing meat extract or non fresh meat</p>		<p>All except those in foods to avoid.</p>	
<p><b>Desserts and sweets</b></p>	<p>Any containing foods to avoid</p>			

<p><b>Drinks</b></p>	<p>Alcohol, drinks made with yeast/meat extract. Non alcoholic beers and wines</p>		<p>All except those in foods to avoid.</p>	
<p><b>Miscellaneous</b></p>	<p>Meat /yeast extract drinks (Oxo, Bovril, Marmite), vegetable extract (Quorn, soya meat), flavoured crisps, any food that has been kept for a long time and food that has caused any unpleasant symptoms</p>		<p>Plain crisps, chocolate and nuts (in moderation), unflavoured textured vegetable protein.</p>	

**Disclaimer**

The information in this leaflet is for guidance purposes only and is in no way intended to replace professional clinical advice by a qualified practitioner.