**Dietary Recommendations for Chronic Pain Patients**

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There are many food groups who contain substances, called polyamines, which may contribute to chronic pain and pain hypersensitivity. Polyamines are factors important for cells growth. They function as NMDA receptor modulators, a group of receptors in our brains and spinal cord important for learning and memory. Hyperactivity of these receptors has been linked to the development and maintenance of hyper-sensitivity and pain. Here are some recommendations which foods to avoid because of their high polyamine content.

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|  | **High polyamine content** | **Medium polyamine content**  |
|  **Meat** | * Rosette (gamy pork sausage)
* Pork
	+ liver pate
* Duck
	+ liver pate

  | * Chitterlings
* Beef
* Chicken (wing)
* Lamb
* Veal

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| **Seafood**  | * Scallops
* Calamari
* Oyster
* Muscles
* Crab claw
 | * Red mullet
* Salmon (fresh)

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| **Vegetables**  | * Peas
* Mushroom
* Parsley
* Broccoli
* Cabbage
* Garlic
 | * Lettuce
* Brussels Sprouts
* Potato
* Leek (green)
* Onion
* Red cabbage
* Radish
* Red bean
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| **Fruit**  | * Orange
* Peanut (grilled nut)
* Tomato
* Aubergine eggplant
* Banana
* Pistachio
 | * Almond
* Hazelnut
* Cucumber
* Melon
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| **Cheese**  | * Saint Nectaire with rind
* Comte
* Sweet Chantal with rind
 | * Roquefort
* Goat cheese with rind
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