

WCBS-TV 2 News

Study: Certain Foods Cause Hangover-Like Effects

Nuts, Cheese, Baked Goods Among The Foods High In Tyramine



Drinking wine (Photo by Justin Sullivan/Getty Images)

NEW YORK (CBSNewYork) — If you plan on popping the bubbly to kick off the New Year, be careful what you eat as you imbibe.

A new study finds that it's not just heavy alcohol consumption that can bring on the miserable feeling associated with hangovers. A whole range of foods from cheese to pickles may do the same, CBS 2's Alex Denis reported.

"There are about 260 different foods that can do that and not everybody is susceptible to each one," said [New York Hospital Queens](#) gastroenterologist [Dr. Ellen Gutkin](#).

The research suggests eating certain foods can trigger a vascular response involving nerves and blood vessels around the head, causing a headache like you get after one too many cocktails.

The study shows nuts, cheese and even baked goods can contribute to the hungover feeling.

"They also can get bloating, they also can get nausea, so this feeling of 'I just don't feel right,'" Gutkin told Denis.

Gutkin said certain aged foods, dried foods that contain nitrates and processed foods can be difficult for some people to digest.

"Someone can have cheese on a cracker and feel fine and someone else can, several hours later, get a really bad headache," Gutkin said.

“Everyone is different in how they respond,” said registered dietitian Mimi Chan.

Chan said a big culprit is tyramine, a naturally-occurring chemical in food that increases over time. “When you age food, the longer you age it, that’s where they find higher amounts of tyramine such as in sauerkraut and pickles,” she told CBS 2’s Denis.

Experts recommend keeping track of what you eat and how it makes you feel afterwards. “Definitely pay attention to what you’re eating, maybe even do a diary of what you are eating. Write down what you ate and how it made you feel,” Dr. Gutkin said.

Experts say moderation is key not just when it comes to alcohol consumption, but to food as well. “Try not to overindulge this holiday season, as hard as it is. Definitely try to keep yourself hydrated because that will also help,” Gutkin advised.

Experts say your doctor can also do a blood test to see what foods you may have an aversion to, Denis reported.