



FOOD/SYMPTOM JOURNAL – HISTAMINE INTOLERANCE

What foods are high in histamine?

Note: Histamine concentration increases with age, so aged foods, especially fermented foods are the highest.

- Fish, especially smoked, salted or canned
- Aged cheese, soft cheese like Brie
- Fermented/aged meats
- Fermented vegetables
- Yeast products like brewer's yeast
- Wine, Beer, Champagne
- Leftover meat, poultry, pork

Foods that “liberate” or release histamine from our cells.

- Citrus fruits
- Papaya
- Strawberries
- Pineapple
- Peanuts
- Tomatoes
- Chocolate
- Shellfish
- Egg Whites
- Licorice

BASIC RULES FOR KEEPING A FOOD/SYMPTOM DIARY

- Write down everything that you eat or drink, including all foods, beverages, supplements, vitamins, etc. Include all your meals and between-meal snacks from the time you get up until you go to bed.
- Describe the type of food you have eaten, giving as many details as possible. For example, if you drank milk, indicate whether you had whole, skim, or 2% milk.
- Describe how the food was prepared: raw, baked, boiled, steamed, etc.
- Feel free to make copies of this form, saving one as an ‘original’ and print out, filling in by hand.

Notes:

It is very important to you keep track of what you are eating, how much, and be accurate with noting not just your symptoms but what time did they occur. Obviously, you may not be aware of waking up in the middle of the night or the exact time your headache started so just use an estimate. Since we know that stress, exercise, and hormones affect histamine levels, it is important to jot these down also. Be sure to note quality of sleep too.

