

HISTAMINE CONTAINING FOODS



High Histamine Foods

- Alcoholic Beverages esp. wine, beer & champagne
- Fermented Foods: vegetables, vinegar, soy sauce, yogurt, kombucha
- Vinegar Containing Foods, i.e. pickles
- Cured or Preserved Meats, i.e. bacon, salami
- Meat/Poultry Leftovers
- Soured Foods, i.e. sour cream, buttermilk, sourdough breads
- Dried Fruits, i.e. apricots, prunes, dates, figs, raisins
- Most Citrus Fruits
- Aged Cheeses
- Some Nuts, i.e. walnuts, cashews, peanuts
- Fruits-Vegetables: avocados, eggplant, spinach, tomatoes
- Smoked Fish & Certain Species of Fish: mackerel, mahi-mahi, tuna (esp. canned), anchovies, smoked salmon

Foods - Block the DAO Enzyme

- Alcohol
- Energy Drinks
- Black Tea
- Mate Tea
- Green Tea

Low Histamine Foods

- Freshly cooked beef, pork, poultry (frozen or fresh)
- Freshly Caught & Gutted Fish
- Egg Yolks
- Gluten Free Grains: rice, quinoa
- Fresh Fruit: Mangos, Pear, Apple, Watermelon, Kiwi, Cantaloupe, Grapes
- Fresh Vegetables - except spinach & eggplant
- Dairy Substitutes: Coconut, Rice, & Hemp Milk
- Herbal Teas

Histamine Liberators

Foods that are not high in histamine but do cause a release of histamine.

- Alcohol
- Bananas
- Chocolate
- Cow's Milk
- Papaya
- Pineapple
- Egg Whites
- Shellfish, i.e. shrimp, scallops, etc.
- Strawberries
- Wheat Germ
- Most Artificial Preservatives & Food Dyes