

High Histamine Foods

Follow Diet for at
least 4- 6 weeks

High Histamine Foods to Avoid

- Anything fermented
- Cured meats
- Shellfish, Fish – (Unless freshly caught, gutted & immediately frozen)
- Canned foods
- No raw eggs - (Some cooked eggs, especially the yolks are tolerated)
- Any fermented dairy products – (the longer the fermentation process, the higher the histamine level)
- Mushrooms
- Kelp, Seaweed
- Bone broth/Bouillon
- Cumin
- Curry

High Biogenic Amine Foods

Pineapple
Banana
Pears
Peanuts
Grapefruit
Raspberries
Lentils
Beans
Soy products
Kiwi
Oranges
Papaya
Wheatgerm

DAO Enzyme Blocking

Alcohol
Coffee
Tea (green & black)
Energy drinks

Histamine Liberators

Chocolate
Alcohol
Bananas
Strawberries
Nuts
Citrus
Papaya
Tomatoes
Cinnamon
Black pepper