

High Histamine Food Summary

- **Alcohol:** Esp fermented alcoholic beverages like wine, champagne and beer
- **Vinegar-containing/Pickled foods:** pickles, mayonnaise, olives
- **Fermented foods:** sauerkrauts, soy sauce, kefir, yogurt, kombucha
- **Aged cheeses/soured dairy:** brie, blue cheeses, sour cream, buttermilk
- **Smoked/cured meats:** bacon, salami, other deli meats, sausage/hot dogs
- **Shellfish/Smoked fish and certain species:** mackerel, mahi-mahi, tuna, anchovies, sardines
- **Beans and pulses:** chickpeas, soy beans, peanuts
- **Nuts:** walnuts, cashew nuts and in case you missed it - peanuts
- **Chocolate:** including other cocoa based products
- **Dried fruit:** apricots, prunes, dates, figs, raisins
- **Re-cooked foods:** eady meals, even your own leftovers, or canned foods
- **Junk food:** salty snacks, fast foods, sweets with preservatives and artificial colorings

For a comprehensive list of histamine foods, the histamine liberators, and DAO inhibitors you can download an 8 page PDF from <http://www.histaminintoleranz.ch/einleitung.html>

Fresh is Best