

Histamine Intolerance

HIGH HISTAMINE FOODS	DAO BLOCKERS & HISTAMINE LIBERATORS	EASY FOODS
red & white wine	alcohol	coffee & white tea
champagne	green & black tea	tapioca
beer & fermented grains like yeast breads	energy drinks & tomato/orange juices	boiling or steaming is generally better than frying or grilling
FERMENTED FOOD: sauerkraut kimchi, pickles olives, soy sauce, miso, tamari, pickles, olives, kombucha	vinegars, rice vinegar	all vegetable oils, such as olive oil & coconut oil
DAIRY: sour cream, aged cheese, buttermilk	DAIRY: cow's milk, yogurt	DAIRY: eggs, butter, ghee, & goat milk, sheep milk, cream cheese, mozzarella, ricotta, mascarpone
CURED/SMOKED MEATS, processed meats like: salami, ham, smoked sausages	Seitan & gluten filled products	fresh, cooled or frozen meats & poultry
SMOKED & canned FISH: sardines, tuna, anchovies	SHELLFISH (fin or shell)	All fresh fish
NUTS: walnuts, cashews, peanuts	NUTS: Chocolate & cocoa based products, peanut butter, sunflower	GRAINS: rice, quinoa, oats, corn, rice noodles, rye bread, rice crisps, millet flour, pistachio, gluten free options
VEGETABLES: eggplant, spinach, cabbage, mushrooms, artichoke	VEGETABLES: tomatoes	Fresh vegetables like: potatoes, broccoli, cucumbers, asparagus, beets, onions, artichokes, cauliflower, celery
FRUITS: avocado, kiwi, plum	FRUITS: lemon, lime, orange, bananas, papaya, pineapple, plantains, strawberries	Fresh fruits like: blueberries, apples, mango, peach, pear, cherries,
DRIED FRUITS: raisins, apricots	LEGUMES: beans, chickpeas, soy flour, lentils	Sprouts, hemp, chia, coconut products, pure nut butters
SPICES: cinnamon, curry, cayenne, chilli, cloves, nutmeg	ADDITIVES: benzoate, sulphites, nitrites, glutamate, food dyes	SPICES like: leafy herbs, cumin, ginger, turmeric

Histamine Intolerance

Histamine intolerance is the impaired ability to metabolize ingested histamine. DAO enzyme helps break down histamine and a DAO deficiency is linked to mimetic allergy symptoms such as non-celiac gluten sensitivity.

Histamines also have a "**bucket effect**"—over the course of a day, you may experience more symptoms as the overall amount of histamines in your body increases. Remember, this is a "low histamine diet," not a "no histamine diet." The goal is to decrease histamine levels. It is impossible to eliminate histamine completely.

Supportive vitamins:

Vitamin B6, B12, B3, iron, copper, vitamin C & magnesium

High Histamine Foods: foods to avoid that may have high histamine content

DAO Blockers & Histamine Liberators: these foods are not necessarily high in histamine, but trigger a histamine response by blocking DAO-enzyme that is involved in breaking down histamine in your gut.

Happy foods: These are foods that are reported to have low histamine and are thus preferred. Freeze food immediately and don't eat too many leftovers that have been sitting in the fridge for too long. **Leftovers, especially meat, are potentially not friendly and may fill your bucket.**

The fresher the better!

SYMPTOMS:

The most common are bloating, nausea, diarrhea, stomachaches, headaches, itching, sinus response/sneezing, and eczema or rashes. It may feel like you're having an allergic reaction, but you're not actually allergic.