

## **Histamine**

Aged, smoked, canned fish and fish sauces. Tuna fish, mackerel, sardines, anchovy, herring, catfish, salmon.

Alcohol, particularly red wine and champagne. Also white wine and beer.

Bread and confectionery made with yeast

Certain fruits: strawberries, bananas, papayas, kiwi, pineapple, mango, tangerines, grapefruits, red prunes, pears,

Certain vegetables: tomato, spinach, eggplant, avocado, mushrooms and canned vegetables as well as commercial

Cheese

Chocolate/cocoa

Coffee, black tea

Ketchup

Mustard

Peanuts, cashews, walnuts

Pizza

Red wine vinegar, balsamic vinegar

Sauerkraut

Smoked and processed meats such as salami, ham, bratwurst and bacon

Some fruits: citrus, bananas, strawberries, red prunes, pears, kiwi, raspberries, papaya

Soy sauce

Sunflower seeds

Sardines

fish spoils very easily and this leads to a rapid accumulation of histamine due to bacteria.

## **Tyramine**

Reactions to tyramine (an amino acid-like molecule) or phenylalanine (another amino acid-like molecule) can result in

Fermented cheeses

Fermented

Sausage

Chocolate

Sour Cream

Red wine

Avocado

Beer

Raspberries

Yeast

Pickled Herring

Foods that help support the detoxification of tyramine include such sulfur-containing foods as:

Onion

Brussels Sprouts

Garlic

Broccoli

### Histamine-Rich Foods (including fermented foods):

Alcoholic beverages, especially beer and wine.  
Anchovies  
kiwi, raspb Avocados  
ilily prepare Cheeses, especially aged or fermented cheese, such as parmesan, blue and Roquefort.  
Cider and home-made root beer.  
Dried fruits such as apricots, dates, prunes, figs and raisins (you may be able to eat these fi  
Eggplant  
Fermented foods, such as pickled or smoked meats, sauerkraut, etc.  
Mackerel  
Mushrooms  
Processed meats - sausage, hot dogs, salami, etc.  
Sardines  
Smoked fish - herring, sardines, etc.  
Sour cream, sour milk, buttermilk, yogurt - especially if not fresh.  
Soured breads, such as pumpernickel, coffee cakes and other foods made with large amou  
Spinach, tomatoes  
Vinegar or vinegar-containing foods, such as mayonnaise, salad dressing, ketchup, chili sau  
Yogurt

### Histamine-Releasing Foods:

Alcohol  
Bananas  
ilt from eati Chocolate  
Eggs  
Fish  
Milk  
Papayas  
Pineapple  
Shellfish  
Strawberries  
Tomatoes

fruits - without reaction - if the fruit is thoroughly washed).

nts of yeast.

ce, pickles, pickled beets, relishes, olives.