

LIST OF HISTAMINE FOODS

HIGH HISTAMINE FOODS	HIGH HISTAMINE RELEASING FOODS
<ul style="list-style-type: none"> • Fermented alcoholic beverages– wine, champagne and beer • Fermented foods– sauerkraut, soy sauce, kefir, yogurt, kombucha • Vinegar containing foods– pickles, mayonnaise, olives • Cured meats– bacon, salami, pepperoni, luncheon meats, hot dogs • Soured foods– sour cream, sour milk, buttermilk, soured bread • Dried fruit– apricots, prunes, dates, figs and raisins • Most citrus fruit • Aged cheese including goat cheese • Nuts– walnuts, cashews, peanuts • Vegetables– avocados, eggplant, spinach, tomato • Smoked fish and certain species of fish– mahi-mahi, tuna, anchovies and sardines 	<ul style="list-style-type: none"> • Alcohol • Bananas • Chocolate • Nuts • Papaya • Pineapple • Shellfish • Tomatoes • Wheat germ • Many artificial preservatives and dyes

Table- (McAuliffe, G.W. 2015)