



HISTAMINE FOOD LIST

| HIGH-HISTAMINE FOODS | HISTAMINE LIBERATORS | DAOA BLOCKERS |
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| Spinach Tomatoes Sauerkraut Alcohol Matured cheeses Smoked or processed meat products Ready meals Leftovers Leftover cooked meats All processed meats Smoked food Non-Fresh Fish Anchovies, sardines, mackerel Shellfish Crustaceans (shrimp, lobster, crab) Beans and pulses – chickpeas, soy beans, peanuts Nuts (pistachio, cashews, smoked) Sunflower seeds Dried fruits: Apricots, raisins, curants prunes & sultanas Anise Cinnamon Cloves Paprika Nutmeg Curry, Chili powder Seasoning packets with restrictions Foods with spices Pickled or canned foods Vinegar Vinegar containing foods/condiments Soy sauce Terriyaki sauce Salty snacks, sweets with preservatives and artificial color Wheat based products Flavoured syrup Prepared dessert fillings Prepared icings, frostings Spreads with restricted ingredients Cake decorations Commercial sweets (candies) | Alcohol Bananas Most citrus fruits – kiwi, lemon, lime, pineapple, plums Strawberries Raspberries Plums Prunes Pineapple Peach Papaya Orange Nectarine Loganberry Cranberry Cherry Apricot Papaya Pumpkin Tomatoes Spinach Nuts (pistachio, cashews, smoked) Dates Cocoa and chocolate Beans and pulses Jams & Jellys Wheat germ Bleached Flour Yeast & all yeast products Margarine Additives – benzoate, sulphites, nitrites, glutamate, food dyes Commercial pie, pastry and fillings. Baking mixes Pre-packaged rice and pasta ready meals | Alcohol Black tea Energy drinks Green tea Mate tea All Teas All drinks with flavor or spices All carbonated drinks |