HIGH HISTAMINE LEVEL FOODS:

- Alcohol
- Pickled or canned foods – sauerkrauts
- Matured cheeses
- Smoked meat products – salami, ham, sausages…
- Shellfish
- Beans and pulses – chickpeas, soy beans, peanuts
- Nuts – walnuts, cashew nuts
- Chocolates and other cocoa based products
- Vinegar
- Ready meals
- Salty snacks, sweets with preservatives and artificial colourings

HISTAMINE LIBERATORS:

- Most citric fruits – kiwi, lemon, lime, pineapple, plums…
- Cocoa and chocolate
- Nuts
- Papaya
- Beans and pulses
- Tomatoes
- Wheat germ
- Additives – benzoate, sulphites, nitrates, glutamate, food dyes

DIAMINE OXIDASE (DAO) BLOCKERS:

- Alcohol
- Black tea
- Energy drinks
- Green tea
- Mate tea

DEBATABLE:

- Yoghurt – depends on the bacteria culture used
- Egg white – it is a histamine liberator only when in its raw state

OTHER:

- Yeast – even though it does not contain histamine as such, yeast serves as a catalyst for histamine generation during manufacture. There is no yeast in the end product.