

Heal Your Hormones

Foods To Avoid With A Histamine Intolerance (HIT)

Histamine-Rich Foods

- Fermented alcoholic beverages, especially wine, champagne and beer
- Fermented foods: sauerkraut, vinegar, soy sauce, kefir, yogurt, kombucha, etc
- Vinegar-containing foods: pickles, mayonnaise, olives
- Cured meats: bacon, salami, pepperoni, luncheon meats and hot dogs
- Soured foods: sour cream, sour milk, buttermilk, soured bread, etc
- Dried fruit: apricots, prunes, dates, figs, raisins
- Most citrus fruits
- Aged cheese including goat cheese
- Nuts: walnuts, cashews, and peanuts
- Vegetables: avocados, eggplant, spinach, and tomatoes
- Smoked fish and certain species of fish: mackerel, mahi-mahi, tuna, anchovies, sardines
- Long-stored nuts
- Ready meals
- Rice vinegar
- Salty snacks, sweets with preservatives and artificial colorings
- Shellfish
- Beans/chickpeas/soy flour
- Yeast (acts as a catalyst for histamine generation)
- Tomatoes, eggplant

Histamine-Releasing Foods

- Alcohol (also on list above)
- Bananas/plantains
- Chocolate
- Cow's Milk
- Nuts
- Papaya
- Pineapple
- Shellfish
- Strawberries
- Tomatoes (also on list above)
- Wheat Germ
- Many artificial preservatives and dyes

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DAO-Blocking Foods (the enzyme that breaks down histamine)

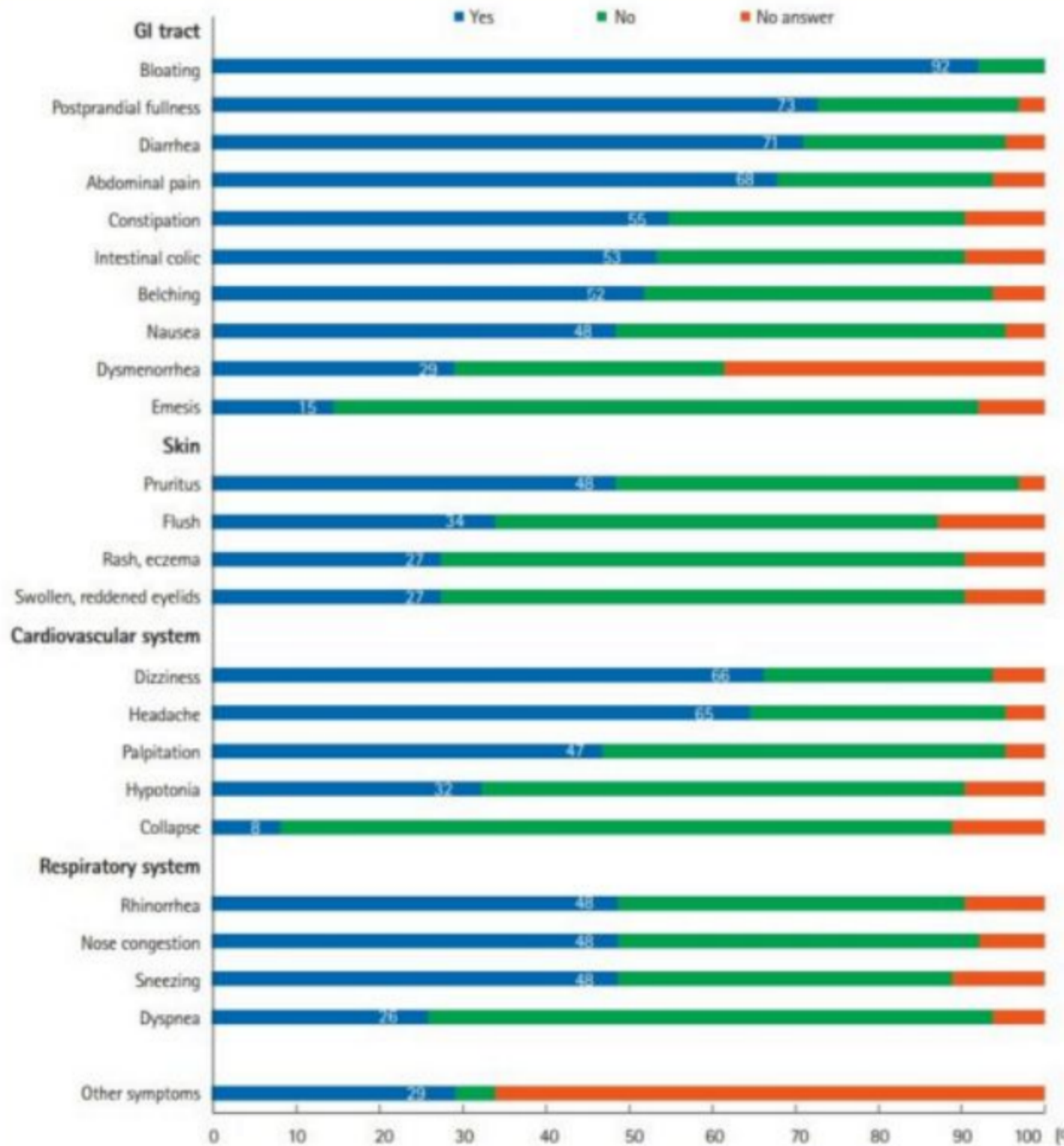
- Alcohol
- Energy drinks
- Black tea
- Mate tea
- Green tea

Low-Histamine Foods - OK to Eat!

- Freshly cooked meat or poultry
- Freshly caught fish
- Cooked eggs
- Gluten free grains:rice, quinoa, millet, amaranth, teff (1/4-1/3 cup)
- Pure peanut butter*
- Fresh fruits except bananas, strawberries, citrus, pineapple and papaya (lemon and lime are OK)
- Fresh vegetables
- Dairy substitutes: coconut milk, almond milk*, hemp milk or rice milk
- Olive Oil, coconut oil, ghee*, sesame, etc.
- Leafy herbs
- Herbal teas

*Make sure that you've done the true elimination diet in the Digestion Reset Detox before adding these foods in to see what you notice.

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Common Symptoms of Histamine Intolerance

- Headaches/migraines
- Difficulty falling asleep
- Hypertension
- Vertigo or dizziness
- Arrhythmia, or accelerated heart rate
- Difficulty regulating body temperature
- Anxiety
- Nausea, vomiting
- Diarrhea/constipation
- Bloating, postprandial fullness
- Abdominal cramps
- Flushing
- Nasal congestion, sneezing, difficulty breathing
- Abnormal menstrual cycle
- Hives
- Fatigue
- Tissue swelling

Causes of High Histamine

- Allergies (IgE reactions)
- Bacterial overgrowth (SIBO)
- Leaky gut
- GI bleeding
- Genetic mutations
- Gut inflammatory conditions
- Medications
- Diamine Oxidase (DAO) deficiency
- Histamine-rich foods
- Poor adrenal function
- Toxin overload

Other Helpful Steps

- GI Revive: to reduce gut inflammation
- Eating Mindfully - chew food well
- Adrenal support to reduce food sensitivity
- B12 review
- HistaEze + probiotics + digestzymes with every meal to reduce histamine response/food sensitivity