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## HIGH HISTAMINE FOODS TO AVOID

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# ANTI-HISTAMINE DIET

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FOLLOW DIET FOR  
AT LEAST 4- 6  
WEEKS

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DOCTOR  
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- ANYTHING FERMENTED
- MEAT, POULTRY, CURED MEATS, SHELLFISH FISH - UNLESS FRESHLY CAUGHT, GUTTED, & COOKED WITHIN 1 HR, OR IMMEDIATELY FROZEN AFTER PROCESSING

- CANNED FOODS

- NO RAW EGGS - SOME COOKED EGGS, ESPECIALLY THE YOLKS ARE TOLERATED
- ANY FERMENTED DAIRY PRODUCTS - THE LONGER THE FERMENTATION PROCESS, THE HIGHER THE HISTAMINE LEVEL

OTHER:

- CHOCOLATE - TOMATOES - AVOCADO - EGGPLANT - SPINACH - DRIED FRUIT - CITRUS FRUITS - ALCOHOL - FERMENTED SOY - VINEGAR - YEAST PRODUCTS - NUTS - ESPECIALLY PEANUTS, CASHEWS, WALNUTS

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## HIGH BIOGENIC AMINE FOODS

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PINEAPPLE  
BANANA  
PEARS  
PEANUTS  
GRAPEFRUIT  
RASPBERRIES  
LENTILS  
BEANS  
SOY PRODUCTS  
KIWI  
ORANGES  
PAPAYA  
WHEATGERM

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## DAO ENZYME BLOCKING

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ALCOHOL  
TEA - GREEN &  
BLACK  
ENERGY DRINKS

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## HISTAMINE LIBERATORS

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CHOCOLATE  
ALCOHOL  
BANANAS  
STRAWBERRIES  
NUTS  
CITRUS  
PAPAYA  
TOMATOES