

# ANTI-HISTAMINE DIET

FOLLOW DIET FOR AT LEAST 4-6 WEEKS

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## HIGH HISTAMINE FOODS TO AVOID

- ANYTHING FERMENTED
  - CURED **MEATS**, SHELLFISH, **FISH** - UNLESS FRESHLY CAUGHT, GUTTED & IMMEDIATELY FROZEN
  - 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

## HIGH BIOGENIC AMINE FOODS

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

## DAO ENZYME BLOCKING

ALCOHOL  
COFFEE  
TEA - GREEN &  
BLACK  
ENERGY DRINKS

## HISTAMINE LIBERATORS

CHOCOLATE  
ALCOHOL  
BANANAS  
STRAWBERRIES  
NUTS  
CITRUS  
PAPAYA  
TOMATOES  
CINNAMON  
BLACK PEPPER