

# HISTAMINE LIST

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Your health today and tomorrow

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Histamine intolerance results from disequilibrium in the amount of histamine that accumulates in the body relative to the body's capacity to break it down. The main enzyme that metabolises histamine is diamine oxidase or DAO. When DAO activity is impaired, the excess of histamine that builds up in the body can cause multiple symptoms, which mimic allergic reactions. Approximately 1% of the population has histamine intolerance, and 80% of those patients are middle-aged.

Histamine is present in many foods and in histamine-sensitive patients with reduced DAO activity, symptoms can occur even after the ingestion of small amounts of histamine that would otherwise be well tolerated by healthy people.

## Foods high in histamine

Histamine is present to various degrees in many foods, and the amount can be highly variable, increasing markedly according to the length of **storage** and **maturation**.

- ❖ **Alcohol:** beer, champagne, wine
- ❖ **Fish:** herring, mackerel, sardine, tuna
- ❖ **Aged cheese:** camembert, cheddar, emmental, gouda, parmesan, gruyere
- ❖ **Cured and processed meats:** bacon, ham, salami, sausages, pepperoni
- ❖ **Vegetables:** aubergine, spinach, tomatoes
- ❖ **Fermented foods:** kefir, kimchi, kombucha, miso, sauerkraut, tempeh, vinegar

## Histamine releasing foods

In addition to histamine-rich food, many foods are thought to have the capacity to release histamine directly from mast cells in the body, even if they themselves contain only small amounts of histamine. Foods proposed to have histamine-releasing capacity include:

- ❖ **Plant-based:** citrus fruit, kiwi, papaya, strawberries, pineapple, tomatoes, spinach, nuts, cocoa & chocolate, liquorice, food additives (benzoate, glutamate, food dyes, sulphites, nitrites)
- ❖ **Animal-based:** fish, shellfish, pork, egg white

## Diamine Oxidase (DAO) blockers:

It is also important to remember that some components of the diet could inhibit the action of the DAO enzyme, making it more difficult for the body to remove histamine. DAO blockers include:

- ❖ **Alcohol**
- ❖ **Black & green tea**