



PUCKETTE

Integrative Healthcare, S.C.

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Histamine Food List

Histamine Rich Foods

- Fermented alcoholic beverages
 - Wine, champagne, beer
- Fermented foods
 - Sauerkraut, vinegar, soy sauce, kefir, yogurt, kombucha
- Vinegar containing foods
 - Pickles, mayonnaise, olives, apple cider vinegar, balsamic vinegar
- Cured meats
 - Bacon, salami, pepperoni, luncheon meats
- Soured foods
 - Sour cream, sour milk, buttermilk, soured bread
- Dried fruit
 - Apricots, prunes, dates, figs, raisins
- Citrus fruits
- Aged cheese
 - Including goat cheese
- Nuts
 - Walnuts, cashews, peanuts
- Vegetables
 - Avocados, eggplant, spinach, tomatoes

- Smoked fish and certain species of fish
 - Mackerel, mahi-mahi, tuna anchovies, sardines

Histamine Liberating Foods

- Citrus fruits
- Bananas
- Chocolate
- Tomatoes
- Strawberries
- Nuts
- Peanuts
- Shellfish
- Raw egg white
- Pumpkin
- Spinach
- Eggplant
- Avocado
- Papayas
- Kiwi
- Pineapple
- Mango
- Raspberry
- Beans and legumes
- Spices and additives